



## QUARANTINE GUIDE FOR K-12 SCHOOLS

If your child was exposed to COVID, the school will work with Contra Costa Health Services to determine the appropriate quarantine option. **Symptom-free, fully vaccinated students do not need to quarantine if they have had close contact with someone with COVID.** Unvaccinated or partially vaccinated students, however, will need to quarantine in some way depending on the situation.

### Regular Quarantine (10 Days)

10 days at home from the time of last exposure to infected person. Students may return to class without a test after 10 days if they have no symptoms.

### Shortened Quarantine (7+ Days)

Students without symptoms can return to school and all other activities outside the home after 7 days if they get a negative test result collected on or after Day 5 of quarantine.

### Modified Quarantine (8-10 Days)

Certain unvaccinated students without symptoms can return to classroom instruction immediately, but must get tested and avoid all other activities outside the home (this includes before- and after-school care, even when it is located on the school campus). To be eligible, the student must have been exposed to COVID when both parties were wearing masks in a supervised K-12 school setting. See our [modified quarantine timeline](#) and [guide for parents](#) for more information.

### “Extended” Quarantine (Approximately 20 days)

When someone else in the student’s household, such as a parent or sibling, tests positive for COVID, an unvaccinated student must typically quarantine at home for a longer period. This is because it’s usually very difficult for the student not to have contact with the infected person at home and thus it’s considered an ongoing exposure. The sick family member first must complete their 10-day isolation/infectious period before the clock can start ticking on the student's 7- or 10-day quarantine period.

In all of these situations, students who develop symptoms after exposure should isolate at home immediately whether fully vaccinated or not.

Sept. 10, 2021

