

## Timeframe for Self-Isolation/Quarantine Based on Testing Result

### In accordance with CDS and NJ Department of Health, the following guidelines and practices are established for Quarantine practices

The purpose of quarantine is to keep people who might have been exposed (but not sick) to isolate COVID-19 away from others. **Isolation** is to keep sick people and those infected with the COVID-19 virus away from those who are not infected. Self-quarantine/isolation reduces the spread of COVID-19.

It is expected that a person is tested AND any person getting a COVID-19 diagnostic test (**nasal swab or saliva [PCR]**) will self-quarantine after specimen collection AND are advised of the results of their test, unless otherwise directed by those administering the test.

*\*This information is effective and updated on 12/23/21 and subject to change per guidance from Burlington County Dept of Health*

	Symptomatic / Asymptomatic Person Tests positive	Symptomatic Tested negative	IN-HOUSEHOLD Close Contact of person tested positive	UNVACCINATED CLOSE CONTACT OF STAFF OR STUDENT OR HOUSEHOLD
Timeframe for Quarantine or Self-Isolation	10 days since symptoms first begin  Return Day 11 AND w/ improved symptoms	Quarantine 7 days TEST within 5-7 day period Return day 8 NEGATIVE test	<u>IF FULLY VAX NO QUARANTINE REQUIRED</u>  *MUST TEST within 5-7 days of household positive and again on day 11 of person in household quarantine	QUARANTINE 7 DAYS AND TEST WITHIN 5-7 DAY PERIOD RETURN day 8 w/ NEGATIVE test  OR  10 DAYS QUARANTINE IF NO TEST
			<u>***IF NOT VAX -</u>  Quarantine 17 days Return day 18	*Staff members awaiting test results of an exposed or symptomatic household contact should stay out of work until household member receives their test results UNLESS THEY ARE VAX- NO QUARANTINE REQUIRED

Everyone should wear a mask in K-12 schools at all times, regardless of vaccination status or the level of community transmission

<b>Quarantine for Medical Reasons</b>	If a person is required to quarantine for medical related surgeries or reasons, they must use their sick and personal time. If this quarantine is related to a Leave of Absence, the same applies.
<b>WHO DOES NOT NEED TO QUARANTINE</b>	People who are <b>fully vaccinated</b> and people who have tested positive on a viral test for COVID-19 within the past 90 days, completed 10 days of isolation and subsequently recovered <i>do not need</i> to quarantine if they come into <b>close contact</b> with someone diagnosed with COVID-19. They should monitor for symptoms of COVID-19 for 14 days after the exposure and <b>isolate</b> immediately if they develop <b>symptoms</b> of COVID-19. They should consult with a healthcare provider for testing recommendations if new symptoms develop. It is recommended to test 5-7 days after exposure AND again on day 11 if a member of household is positive.
<b>Travel Guidance</b>	Please refer to NJDOH latest guidelines for travel and quarantine  <a href="https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey">https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey</a>