

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 9/23/21 and subject to change per guidance from Burlington County Dept of Health*

ORANGE-HIGH	Symptomatic Person Tests positive	Symptomatic Tested negative	Close Contact of person tested positive	Non-Household Close Contacts	Asymptomatic Awaiting Test results	School Exposure
Timeframe for Quarantine or Self-Isolation			Someone in household or close contact who tests positive <u>But individual in household is negative</u> Or symptomatic and close contacts of known COVID-19 case but not tested	(individuals deemed as close contacts out of household contact)	*But has a household is or close contact ** Staff members awaiting test results of an exposed or symptomatic household contact should stay out of work until household member receives their test results	*Same quarantine applies; below indicates ability to work remotely
Timeframe for Quarantine or Self-Isolation	14 days since symptoms first begin Return day 15 AND w/ improved symptoms.	14 day quarantine w/ a test & NO symptoms Return day 15 OR 7 days w/ NEGATIVE test TESTED within 5-7 testing period & No symptoms	*** 10 days total after specimen collection assuming no symptoms develop plus 7 days for potential incubation period Return day 18 (was formerly 25 days)	Close contact out of the household may return day 11 with improved or no symptoms, temperature free or no pain relievers.	At least 24 hours (1 full day) after symptoms go away without fever reducing medications 7 days w/ NEGATIVE test resulted TESTED within 5-7 testing period & No symptoms	Administrative approval to work remotely is determined based on % of school closure and approval by superintendent
Vaccinated employees	If you have been vaccinated, according to the CDC , people who have been in close contact with someone who has COVID-19 *are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.					

***Please note, if the person in household can self-isolate, reduced timeframes (still test between day 5-7) IF household member cannot self-isolate, do 10 days plus additional 7 days

	<ul style="list-style-type: none"> ● Get tested 3-5 days after their last known exposure—even if they don't have symptoms. <ul style="list-style-type: none"> ○ Everyone should wear a mask in K-12 schools at all times, regardless of vaccination status or the level of community transmission. ○ Monitor for symptoms of COVID-19 for 14 days and get tested and isolate immediately if they develop <u>symptoms</u> of COVID-19.
Quarantine for Medical Reasons	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.
Awaiting Household Member Test Results	** Staff members awaiting test results of an exposed or symptomatic household contact should stay out of work until a household member receives their test results. Staff member must use their own sick and personal time while awaiting test results
WHO DOES NOT NEED TO QUARANTINE	People who are <u>fully vaccinated</u> 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 to quarantine if they come into <u>close contact</u> with someone diagnosed with COVID-19. They should monitor for symptoms of COVID-19 for 14 days after the exposure and <u>isolate</u> immediately if they develop <u>symptoms</u> of COVID-19. They should consult with a healthcare provider for testing recommendations if new symptoms develop. It is recommended to test 3-5 days after exposure.</i>
Travel Guidance FULLY VACCINATED	<p>Travel Guidance:</p> <p>People who are fully vaccinated with an FDA-authorized vaccine or a vaccine authorized for emergency use by the World Health Organization can travel safely within the United States.</p> <ul style="list-style-type: none"> ● CDC will update these recommendations as more people are vaccinated, as rates of COVID-19 change, and as additional scientific evidence becomes available. This guidance applies to travel within the United States and U.S. territories. ● After Travel <ul style="list-style-type: none"> ○ Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms. You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

Travel Guidance
NOT FULLY
VACCINATED

If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:

- Before you travel:
 - Get tested with a [viral test](#) 1-3 days before your trip.
- While you are traveling:
 - [Wearing a mask over your nose and mouth is required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus). CDC recommends that travelers who are not [fully vaccinated](#) continue to wear a mask and maintain physical distance when traveling.
 - Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.
 - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- After you travel:
 - Get tested with a [viral test](#) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
 - If you don't get tested, stay home and self-quarantine for 10 days after travel.
 - Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - Follow all [state and local](#) recommendations or requirements.

Areas important to note as outlined by Burlington County Health Department:

**14 days is always preferred as the best way to prevent COVID-19 transmission.

- COVID-19 incubation period is 2-14 days.
- Symptoms often appear 5-6 days after exposure but may appear up to 14 days after exposure.
- A person is considered infectious two days before they test + or develop symptoms. However, some individuals do not develop symptoms and may expose others without knowing.
- *Household contacts are individuals who live in the same house as a COVID-19 case.
- **To locate a testing site near you: covid19.nj.gov/testing**