UPDATED COVID-19 QUARANTINE AND ISOLATION GUIDANCE
VA Department of Health
July 15, 2022

Guidance for COVID-19 Prevention for Students, Teachers, and Staff in Child Care, K-12 Schools, and Day Camp Settings

The Virginia Department of Health (VDH) provides the following guidelines for children, teachers, and staff in child care, K-12 schools, and camp settings. This revised guidance outlines that quarantine is no longer routinely recommended for asymptomatic individuals after exposure to COVID-19 infected individuals. In general, masks are not routinely recommended in these settings, indoors or outdoors, except during isolation as specified below. Any individual who wishes to continue to mask, including those who face a higher risk from COVID-19, may do so as an option. Masking is never recommended in these settings while the individual is eating, drinking, sleeping, or for children under 2 years of age.

Isolation and Quarantine Guidance

Symptomatic persons (regardless of vaccination status) will begin isolation at home and undergo testing as recommended by their healthcare providers. The day symptoms began should be counted as day 0.

Persons who test positive (regardless of vaccination status) must isolate themselves at home for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever-free for 24 hours, they may return to programming after Day 5, provided:

- If the individual is able, a mask is recommended through Day 10.
- If the individual is unable or unwilling to mask during this time (including children under age 2), VDH recommends a negative test on or after Day 6 in order to return to programming OR the person should remain home through day 10.
- CCPS has a limited supply of at-home rapid antigen test kits for testing at home. If a student has become sick at school, arrange for the student to be picked up while keeping the student isolated.

For exposed but asymptomatic persons (regardless of vaccination status), quarantine is no longer recommended for the above settings. These individuals may continue to attend programming as long as they remain asymptomatic.

- Exposure is defined as being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or having direct contact with respiratory secretions from an infected person.
- Masks: Students/staff that attend programming during this time may consider wearing a mask around others indoors until Day 10.
- If a student or staff person in this group has ongoing household exposure to a person with COVID-19, VDH recommends students, families, and staff consider more frequent testing.

If the school or facility is experiencing an outbreak of COVID-19 that has been difficult to control or is unusual in size or scope, regional and local epidemiologists may apply professional judgment and recommend traditional quarantine and isolation standards be applied until the situation is stabilized.