Southmoreland COVID 19 Quarantining Guidelines (updated September 2022)

Why do I need quarantine guidelines?

I tested positive for COVID 19.

Contact the School Nurse. Tell the nurse the date your symptoms started. The date that your symptoms started is Day 0. Stay at home for 5 days following onset of symptoms.

You may return to school on Day 6 as long as your symptoms have resolved or mostly resolved and you are fever free without medication for 24 hours. Wear a high quality mask in public settings for Days 6-10.

Moderate to severe cases should isolate up to 10 days.

Wear a high quality mask if you need to be around others at home.
Avoid travel.
Separate from others as much as possible.
Use a separate bathroom if possible.
Take steps to improve ventilation at home.
Do not share personal household items, like cups, towels and utensils.
Monitor symptoms. Emergency warning signs (like trouble breathing) suggest immediate emergency medical care.

I was in close contact with someone who tested positive for COVID 19 within 48 hours of their symptom onset, regardless of vaccination status.

Quarantining at home is no longer necessary. Wear a high quality mask for 10 days after the exposure occurred (day 0 is the day the exposure occurred).

Watch for symptoms to develop for 10 days after exposure. Recommended to test five full days after exposure.

Mask for ten days regardless of result.

If positive, follow isolation guidelines.

I am interested in learning about the updated guidelines.

You can read more information at PA Department of Health or CDC Guidelines.

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