



**DOWNEY UNIFIED SCHOOL DISTRICT
EXPOSURE GUIDELINES FOR STUDENTS**
Re: Isolation and Quarantine (Updated 1/20/22 @ 10:30am)

The intent of these guidelines is to provide general information for DUSD families should a student be in close contact to or diagnosed with COVID-19. Guidelines will be updated as new information is obtained from the Los Angeles County Department of Public Health (LACDPH).

ISOLATION = <i>if you test positive for COVID-19</i>	QUARANTINE = <i>if you were in close contact to someone with COVID-19</i>
<ul style="list-style-type: none"> Isolation keeps someone who is sick or has tested positive for COVID-19 away from others, even in their own home People who are in isolation should stay home, stay in a specific "sick room" or area and use a separate bathroom (if available). 	<ul style="list-style-type: none"> Quarantine is used to keep someone who has been in close contact to a person with COVID-19 away from others if you have been in close contact with a person diagnosed with COVID-19 you are required to quarantine unless you are <u>exempt</u>*
*EXEMPT FOR STUDENT= FULLY VACCINATED (Two-dose vaccine - Booster <u>not required</u> for students)	
WHAT DOES <u>CLOSE CONTACT</u> MEAN?	
<ul style="list-style-type: none"> You were within 6 feet of someone who tested positive for COVID-19 a total of 15 minutes or more over a 24-hour period You had unprotected contact with body fluids and/or secretions from someone who tested positive for COVID-19 <i>For example, if you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.</i> 	

WHAT HAPPENS IF I AM COVID-19 POSITIVE?

What happens if I am COVID-19 <u>POSITIVE</u> and I am Vaccinated and boosted?	What happens if I am COVID-19 <u>POSITIVE</u> and I am Vaccinated (no booster)?	What happens if I am COVID-19 <u>POSITIVE</u> and I am <u>NOT</u> Vaccinated?
<ul style="list-style-type: none"> Isolate for at least 5 days Take a rapid antigen COVID-19 test (home) 5 days or later after the initial positive test 	<ul style="list-style-type: none"> Isolate for at least 5 days. Take a rapid antigen COVID-19 test (home) 5 days or later after the initial positive test 	<ul style="list-style-type: none"> Isolate for at least 5 days. Take a rapid antigen COVID-19 test (home) 5 days or later after the initial positive test
How do I return to school after I tested positive?		
<p>At least 5 days have passed since your symptoms first appeared:</p> <p><u>AND</u> you have a negative COVID-19 rapid antigen test 5 days or later after the initial positive test;</p> <p><u>AND</u> you have no symptoms or symptoms improve</p> <p><u>AND</u> you are fever-free for 24 hours without using a fever reducing medication, you may return the following day</p> <p>PROVIDE/UPLOAD A PICTURE OR COPY OF YOUR NEGATIVE COVID-19 TEST RESULTS UPON RETURN TO SCHOOL</p>		
What if I still have a fever beyond 5 days?		
<ul style="list-style-type: none"> If fever remains present, your isolation needs to be continued until the fever resolves without the use of fever reducing medication 		
What if I do not take a second COVID-19 test after I have tested positive?		
<ul style="list-style-type: none"> Those who are unable to test or choose not to test, and symptoms are not present or are resolving, your isolation can end after day 10. 		

WHAT HAPPENS IF I AM A CLOSE CONTACT TO COVID-19?

NO QUARANTINE REQUIRED		
What happens if I am <u>A CLOSE CONTACT</u> to COVID-19 and I am Vaccinated, <u>and</u> have received COVID-19 Booster?	What happens if I am <u>A CLOSE CONTACT</u> to COVID-19 and I have recently <u>recovered within the last 90 days</u> ?	What happens if I am <u>A CLOSE CONTACT</u> to COVID-19 and I am Vaccinated and I am not yet eligible for/have not received a COVID-19 Booster?
<ul style="list-style-type: none"> You are able to continue to attend school with <u>proof of your COVID-19 vaccine and no symptoms</u> You will take a rapid antigen COVID-19 test on Day 5 You are to wear an upgraded mask (non-cloth mask of multiple layers of non-woven material with a nose wire) both indoors and outdoors for 10 Days You are to monitor yourself for symptoms for 10 Days If you develop symptoms, take a COVID-19 test and stay home and follow the isolation protocols if you are positive for COVID-19 	<ul style="list-style-type: none"> You are able to continue to attend school with <u>no symptoms</u> You will take a rapid antigen COVID-19 test on Day 5 You are to wear an upgraded mask (non-cloth mask of multiple layers of non-woven material with a nose wire) both indoors and outdoors for 10 Days You are to monitor yourself for symptoms for 10 Days If you develop symptoms, take a COVID-19 test and stay home and follow the isolation protocols if you are positive for COVID-19 	<ul style="list-style-type: none"> You are able to continue to attend school with <u>proof of your vaccine and no symptoms</u> You will take a rapid antigen COVID-19 test on Day 5 You are to wear an upgraded mask (non-cloth mask of multiple layers of non-woven material with a nose wire) indoors and outdoors for 10 Days You are to monitor yourself for symptoms for 10 Days If you develop symptoms, take a COVID-19 test and stay home and follow the isolation protocols if you are positive for COVID-19
QUARANTINE REQUIRED		
What happens if I am <u>A CLOSE CONTACT</u> to COVID-19 without a mask and I am <u>NOT Vaccinated</u> ?		
<ul style="list-style-type: none"> Stay home for 5 days (from the date of close contact) If you have a negative rapid antigen COVID-19 test 5 days or later after your close contact with a positive COVID-19 case and you have no symptoms, you may return to school the following day (provide/upload a picture or copy of your negative covid-19 test results upon return to school) Wear an upgraded mask (non-cloth mask of multiple layers of non-woven material with a nose wire) around others for 10 days If you unable or choose not to test, you must quarantine for 10 days from the date of close contact If you develop symptoms, take a COVID-19 test and stay home and follow the isolation protocols if you are positive for COVID-19 		
OPTIONAL MODIFIED QUARANTINE		
OPTIONAL MODIFIED QUARANTINE = CLOSE CONTACT WITH MASK		
What happens if I am <u>A CLOSE CONTACT</u> to COVID-19 while wearing a mask and am <u>NOT Fully Vaccinated</u> ?		
<p>IF close contact occurred in school setting, supervised by staff; <u>AND</u> student was wearing a mask properly the entire time; <u>AND</u> student shows no symptoms</p> <p>THEN student may continue to attend classroom instruction and may participate in sports and extra-curricular activities; <u>MUST</u> wear an upgraded mask (non-cloth mask of multiple layers of non-woven material with a nose wire) both indoors and outdoors for 10 Days</p> <p style="text-align: center;">Student must be tested at least once weekly, Day 5 or later after date of last exposure. If test is negative and student has no symptoms, then student can be released from Modified Quarantine</p>		

These guidelines will be updated as needed. If you have any questions, please contact LADPH Case Hotline: 1-833-540-0473, Monday-Sunday, 8am-8:30pm. Thank you.