

Calculating Isolation and Quarantine Period – SCHOOLS AND EARLY CHILDHOOD EDUCATION CENTERS

All COVID-19 cases must be reported to the Philadelphia Department of Public Health (PDPH) at (215) 685-5488 OR email covid.schools@phila.gov for contact tracing and further guidance.

If a student TESTS POSITIVE FOR COVID-19, how long should they isolate?

The student should isolate if they tested positive for COVID-19. See page 7 for Isolation definition and information and recommendations about testing.

The student can end isolation and return to school IF:

- It's at least 10 days AFTER they first had symptoms or tested positive and
- It's been at least 24 hours no fever and
- No fever-reducing medication and
- Symptoms have improved.

Extended isolation should be considered if the student is severely immunocompromised or was hospitalized due to the COVID-19 illness.

If the student **HAD SYMPTOMS** they can return to school:

At least 10 days after they first had symptoms

Fever-free for 24 hours or more without fever-reducing medication

Symptoms have improved

See page 3 for symptom list.

If the student **DOES NOT HAVE SYMPTOMS** they can return to school:

At least 10 days after their test date

Example 1: Jane develops cough and fever on December 1. Her symptoms have improved, and she does not have a weakened immune system. She should remain in isolation through December 11. Jane leaves isolation on December 12th and may return to school on that day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Symptom Start** DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9	11 DAY 10	12 Leave isolation and return to school
13	14	15	16	17	18	19
20	21	22	23	24	25	26

■ Symptom start/Exposure to COVID-19
 ■ Isolation period
 ■ Leave isolation/quarantine and return to school

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If the student was exposed to someone with COVID-19 and DOES NOT have symptoms, how long should they quarantine? (includes *household contacts)

- Regardless of symptoms, the student should stay in quarantine if exposed. See page 7 for how exposure is defined.
- Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell. Along with staying home from school, the student should stay away from others as much as possible.
- Stay home for 10 days after last contact with the person who has COVID-19.
- Quarantine may end after 7 days if the student has a negative PCR/antigen test collected after day 5.
- * Household contacts may require further investigation, by either PDPH or school officials, to determine dates of quarantine.

- Symptom start/Exposure to COVID-19
- Quarantine period
- Leave isolation/quarantine and return to school
- Continue to Monitor

Example 2a—WITHOUT testing for COVID-19: Jose was last exposed on December 1 to a classmate who had COVID-19. Jose has had NO symptoms and was NOT tested for COVID-19. He should remain in quarantine through December 11. He may leave quarantine and return to school on December 12. Jose should continue to be monitored for symptoms closely through December 15.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9	11 DAY 10	12 DAY 11 Leave Quarantine/ Return to School, Monitor Symptoms
13 DAY 12	14 DAY 13	15 DAY 14				

Example 2b—WITH testing for COVID-19: Jose was last exposed on December 1 to a classmate who had COVID-19. Jose has had NO symptoms. Jose was tested for COVID-19 on December 7 (Day 6). His test results were negative. Jose's quarantine may end after 7 days. He may leave quarantine and return to school on December 9th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 Tested for COVID-19 DAY 6	8 DAY 7	9 DAY 8 Leave Quarantine and Return to School, If Negative Test After Day 5	10 DAY 9	11 DAY 10	12 DAY 11
13 DAY 12	14 DAY 13	15 DAY 14				

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If a student was exposed to someone with COVID-19 and DOES HAVE SYMPTOMS, how long should they quarantine?

- Regardless of symptoms, the student must stay in quarantine if they were exposed to a person who tested positive for COVID-19. See page 7 for definition of exposure.
- If they have symptoms, the most protective recommended quarantine period is at least 14 days.
- If they have symptoms, the child’s caretaker should seek testing for the child.
- If they test positive, they should begin self-isolation. Please see recommendations on page 1.
- If the student has symptoms of COVID-19 and does not get tested, they are presumed to have COVID-19 and should begin self-isolation. Please see recommendations on page 1.

Strictly comply with all masking guidance until symptoms are fully resolved.

Watch for any of the following symptoms of COVID-19:

- Fever or chills
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Fatigue
- Nausea or vomiting
- Diarrhea
- New or persistent cough
- New loss of taste or smell
- Shortness of breath or difficulty breathing

You can look up more information about community testing sites at www.phila.gov/testing.

Example 3: Jade was exposed on December 1 to someone in her community with COVID-19. Jade started to experience fever and fatigue on December 7. Jade’s parents sought testing for COVID-19 on December 7. They learned that the result was positive. Because Jade’s parents now know that she has COVID-19, they should keep her home to isolate for 10 days after her symptoms started. Jade should be kept in isolation through December 17. She may leave isolation and return to school on December 18.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 DAY 0 Tested positive for Covid-19	8 DAY 1	9 DAY 2	10 DAY 3	11 DAY 4	12 DAY 5
13 DAY 6	14 DAY 7	15 DAY 8	16 DAY 9	17 DAY 10	18 Leave Isolation and Return to School	19
20	21	22	23	24	25	26

- Symptom start/Exposure to COVID-19
- Isolation period
- Leave isolation and return to school

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What if an individual cannot separate from someone with COVID-19?

If a parent cannot avoid close contact with someone with COVID-19 (such as providing personal care for a child or sharing a room), the parent should separate away from others while the child with COVID-19 completes isolation.

- The parent who was unable to separate should then quarantine an additional 10 days after the child completes isolation
- Quarantine may end after 7 days if the parent has a negative PCR/antigen test collected after day 5.

- Symptom start/Exposure to COVID-19
- Isolation period
- Quarantine period
- Leave isolation/quarantine
- Continue to Monitor

Example 4a: Breanna is a child who tested positive for COVID-19. She developed symptoms on December 1. Her father Marcus is the only one who can care for her. Breanna and Marcus are staying away from others. Breanna should complete a 10-day period of self-isolation. Marcus sought a test for himself for COVID-19 on December 16, which was negative. Marcus's last day of quarantine was December 18.

Please Note: If Marcus had NO symptoms and did NOT get testing for COVID-19, Marcus would have completed a 10-day quarantine after Breanna's isolation period.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DAY 0 Symptom Start Marcus stays home with Breanna	2 DAY 1 	3 DAY 2 	4 DAY 3 	5 DAY 4
6 DAY 5 	7 DAY 6 	8 DAY 7 	9 DAY 8 	10 DAY 9 	11 DAY 10 DAY 0	12 Breanna Leaves Isolation and may return to school, Marcus continues quarantine DAY 1
13 DAY 2	14 DAY 3	15 DAY 4	16 DAY 5	17 Marcus tests negative for COVID-19 DAY 6	18 DAY 7	19 Marcus May Leave Quarantine if Negative Test After Day 5
20 DAY 9	21 DAY 10	22 DAY 11	23 DAY 12	24 DAY 13	25 DAY 14	26

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If a fully vaccinated student is a household contact do they need to quarantine?

No, the fully vaccinated household contact should get tested 3-5 days after their initial exposure to the case and again 3-5 days after the case leaves isolation.

- Symptom start/Exposure to COVID-19
- Isolation period
- Fully vaccinated
- Leave isolation/quarantine
- Continue to Monitor

Example 4b: Breanna’s older brother Daniel also lives in the home with Breanna and Marcus. While he has tried to keep his interaction with Breanna and Marcus to a minimum, he is still a household contact. Daniel IS fully vaccinated and has had no symptoms. Daniel does not need to quarantine. Daniel tested negative 3-5 days after Breanna first developed symptoms and will get tested 3-5 days after Breanna leaves isolation. If the test result was positive, Daniel would begin isolation.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DAY 0 Symptom Start Marcus stays home with Breanna	2 DAY 1 	3 DAY 2 	4 DAY 3 Daniel tests negative	5 DAY 4
6 DAY 5 	7 DAY 6 	8 DAY 7 	9 DAY 8 	10 DAY 9 	11 DAY 10 DAY 0	12 Breanna leaves Isolation and may return to school DAY 1
13 DAY 2	14 DAY 3	15 DAY 4	16 Daniel tests negative DAY 5	17 DAY 6	18 DAY 7	19 DAY 8

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If a student was exposed to someone with COVID-19 and DOES NOT have symptoms, how long should they be in quarantine and when can they return to school? The student is NOT fully vaccinated.

Fully vaccinated means it's been 2 weeks after an individual's final vaccine in a series. If a student is not yet fully vaccinated, even if they do NOT have symptoms, they should stay in quarantine if they were exposed.

- Watch the student for symptoms such as fever, cough, shortness of breath, new loss of taste or smell, and keep the student away from others as much as possible (See page 2 examples for more details on quarantine.)

If a student was exposed to someone with COVID-19 and DOES NOT have symptoms, do they need to quarantine? The student is fully vaccinated.

Fully vaccinated means it's been 2 weeks after an individual's final vaccine in a series. If the student is fully vaccinated and has NO symptoms, they do not need to quarantine if exposed.

- The student should be tested 3-5 days after the day they were exposed. Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell, and stay away from others as much as possible.
- If the student develops symptoms, they should isolate and be kept home from school (see example 3). If the student tests positive they should isolate and be kept home from school (see example 2b).

Example 5a—NOT fully vaccinated: Terrell was vaccinated on March 1st. He is considered fully vaccinated on March 15th. On March 6th, Terrell carpools with a parent who tested positive for COVID-19. Terrell has no symptoms. He still needs to quarantine because he is not fully vaccinated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 DAY 0 Final Vaccination occurs – last dose in a series OR single dose	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4	6 DAY 5 Exposed to COVID-19 DAY 0
7 DAY 6 DAY 1	8 DAY 7 DAY 2	9 DAY 8 DAY 3	10 DAY 9 DAY 4	11 DAY 10 DAY 5	12 DAY 11 DAY 6	13 DAY 12 DAY 7
14 DAY 13 DAY 8	15 DAY 14 Fully Vaccinated DAY 9	16 DAY 10	17 Leave Quarantine	18	19	20

Final vaccination dose
 Exposure to COVID-19
 Quarantine period
 Fully vaccinated
 Leave Quarantine/Isolation

Example 5b—fully vaccinated: Terrell became fully vaccinated on March 15th. Through his carpool, he was exposed to a parent with COVID-19 on March 16th. He has no symptoms. He does not need to quarantine. He should be tested 3-5 days after the day he was exposed.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 DAY 13	15 DAY 14 Fully Vaccinated	16 DAY 0 Exposed to COVID-19	17 DAY 1	18 DAY 2	19 DAY 3 Gets tested for COVID-19	20

Isolation means stay in a separate room from others, use a separate bathroom, avoid contact with other household members and pets, and do not share personal items, including utensils, cups, and towels.

It is not recommended nor required to have **proof of a negative test** to discontinue isolation and return to school.

If a student who previously tested positive and is currently required to isolate tests negative on **repeat testing**, the student should not leave isolation or return to school.

Exposure is defined as being within 6 feet for 15 minutes or more in a 24-hour period to a person who tested positive for COVID-19.



NOTE: Students should not be sent to school with symptoms, even if they are scheduled to be tested at school on that day. To prevent the possible spread, parents should seek testing by contacting their healthcare provider or use our testing site map to locate a site.

www.phila.gov/testing