CDC – COVID Guideline Updates August 11th, 2022

Key Changes:

**Quarantine after exposure**:

Removed the recommendation to quarantine after exposure to a confirmed case – except in high risk congregate settings. Schools are not considered to be a high risk congregate setting. Any individual who was exposed to a confirmed case of COVID-19 should wear a well fitting mask for ten days past exposure. The individual should monitor for symptoms and get tested after day five (5) from exposure.

**When to wear a mask**:

Masks are recommended when Community Transmission rates as determined by the CDC is high.

Masks are also always recommended when students are in the school nurse’s office.

Masks are recommended for anyone who was exposed to a case for up to 10 days from their last exposure to the confirmed case.

**Testing**:

Screening testing, such as the pooled testing conducted in 2021-22 is no longer recommended. However, when community transmission rates are high, schools should consider implementing screening testing for high-risk activities, such as contact sports, band, choir, theater as well as at key times of the year, before/after large event (prom, tournaments, travel), and at key times in the year, such as before/after breaks.

**Updated Protocols**:

Isolation guidelines are as follows:

Remain out of school/work for five days from symptom onset. If no symptoms it is five days from the date the test was taken.

**Isolation Guidelines**:

Remain out of school/work for five days from symptom onset. If no symptoms it is five days from the date the test was taken.

An individual may leave isolation if they are fever free for 24 hours (without the use of fever-reducing medication) and are otherwise symptom improving.

An individual is required to wear a mask for ten days from symptom onset whenever they are out in public. However, a person may stop wearing a mask sooner than day ten if they test negative on two antigen (RAPID) tests taken 48 hours apart.

**Roles and Responsibilities**:

Admin and/or school nurse will call and inform a parent of any exposure with the only recommendation being to wear a well-fitting mask for ten days past exposure.