

# QUARANTINE AND ISOLATION AT-A-GLANCE

Effective Jan. 7, 2022, the WA State DOH updated [K-12 COVID-19 Requirements](#) shortening the quarantine and isolation timeframes resulting in a quicker return to school following a positive test or exposure. This at-a-glance guide is to provide you with the latest information based on your individual situation.

## SYMPTOMATIC (Experiencing Symptoms)

### FULLY VACCINATED\*

**Exposed** **Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**Negative Test:** May return to school with lab-verified test results  
**No Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs w/ no meds, mask for all activities through day 10

**Not Exposed** **Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**Negative Test:** Return to school with lab-verified test as long as symptoms improve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**No Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10

### NOT FULLY VACCINATED OR NOT VACCINATED\*

**Positive Test on Day 5 or after:** Isolate for 5 days, return on day 6, as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**Negative Test on Day 5 or after:** Return with lab-verified test as long as symptoms improve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**No Test:** Stay home for 14 days since last exposure. May return on day 15 with no test as long as no symptoms persist.

**Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hours, no meds, mask for all activities through day 10  
**Negative Test:** Return to school with lab-verified test as long as symptoms improve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**No Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10

## ASYMPTOMATIC (No Symptoms)

**Exposed in School** Cleared for school as long as no symptoms; monitor self and mask for all activities through day 10. Recommend to test day 5-7 post exposure.  
**Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10  
**Negative Test/No Test:** Cleared for school as long as no symptoms; monitor self and mask for all activities through day 10

**Exposed outside School\*** Cleared for school as long as no symptoms; monitor self and mask for all activities through day 10. Recommended to test day 5-7 post exposure.  
**Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10.  
**Negative Test/No Test:** Cleared for school as long as no symptoms; monitor self and mask for all activities through day 10.

**\*unable to isolate from positive person (Ex. Family exposure)** Cleared for school as long as no symptoms, monitor self and wear mask through day 10. Recommend to test day 5-7 post exposure.  
**Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, mask for all activities through day 10.  
**Negative Test/No Test:** Cleared for school as long as no symptoms; monitor self and wear mask for all activities through day 10.

**Quarantine is necessary. There are 3 options for students, 2 options for staff:**

1. **Test-to-Stay:** Modified 5-day Quarantine, only available for **students** exposed in school.
2. 5-day quarantine, return on day 6 with lab-verified negative test (test on day 5 or after). Mask for all activities through day 10.
3. 10-day quarantine, return on day 11. No test required unless symptoms develop.

**Quarantine is necessary. There are 2 options:**

1. 5-day quarantine, return on day 6 with lab-verified negative test (test on day 5 or after). Mask for all activities through day 10.
2. 10-day quarantine, return on day 11. No test required unless symptoms develop.

**Positive Test:** Isolate for 5 days, return on day 6 as long as symptoms improve or resolve, fever-free for 24 hrs with no meds, Mask for all activities through day 10.

**Negative Test:** No school for 15 days. Get tested on day 15 (post exposure), may return on day 16 with a lab-verified negative test.

**No Test:** No school for 20 days, may return on day 21.

**\*Vaccination Definition:** Staff who have not received a booster shot 5 months past 2nd dose of Moderna and Pfizer, or 2 months past J&J dose are not fully vaccinated.

- Ages 5-17 yrs: Have completed the primary series of COVID-19 vaccines, 2 weeks past 2nd dose.
- Ages 18 up: Have received all recommended vaccine doses, including boosters (2 weeks past dose).
- Anyone who has had confirmed COVID-19 within the last 90-days.