

Isolation and Quarantine Factsheet for Childcare & Daycare Centers

Isolation is a strategy to prevent transmission of COVID-19 by separating people with COVID-19 from those who are not infected.

Regardless of vaccination status, you need to isolate when you have symptoms of COVID-19 **or** when you have tested positive for COVID-19 using an antigen test or a PCR test¹.

Isolation guidelines for individuals who are symptomatic for COVID-19:

Isolation for individuals who are symptomatic for COVID-19 ends after 10 days have passed as long as symptoms have improved and 24 hours have passed with no fever without taking fever-suppressing medication.

If on day 10 your symptoms have NOT improved **or** you continue to have a fever, you should remain in isolation until your symptoms improve **and** you have gone 24 hours with no fever without taking fever-suppressing medication.

- If you are symptomatic AND tested positive for COVID-19 with an antigen or PCR test, day 0 of isolation is the first day you experienced COVID-19 symptoms OR got tested – **whichever happened first**.

Example: John tested positive for COVID-19 on November 5. However, his runny nose began on November 2. John's day 0 of isolation is November 2 and his last day of isolation is November 12.

Emily got tested for COVID-19 on November 3 and she developed a sore throat on November 4. On November 5, she was notified by her primary care physician that her test came back positive. Emily's day 0 of isolation is November 3 and her last day of isolation is November 13 as long as her symptoms have improved by then and she does not have a fever.

- If you are symptomatic **but** did NOT get tested for COVID-19, day 0 of isolation is the first day you experienced COVID-19 symptoms.

Example: Tim developed a fever on November 10 and a sore throat on November 12. He did not get tested for COVID-19 because he was presumed positive for COVID-19 by his primary care physician on November 14. Tim's day 0 of isolation is November 10 and his last day of isolation is November 20 as long as his symptoms have improved by then and he does not have a fever.

¹ CDC's Isolation Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Isolation guidelines for individuals who are asymptomatic for COVID-19:

Isolation for individuals who are asymptomatic for COVID-19 ends after 10 days have passed.

Example: Sarah tested positive for COVID-19 on November 15 but has no symptoms of COVID-19. Her day 0 of isolation is November 15 and her last day of isolation is November 25.

Quarantine is a strategy to prevent transmission of COVID-19 by ensuring that that unvaccinated or not fully vaccinated people who have been in close contact with someone with COVID-19 stay apart from others.

You quarantine when you have been exposed to the virus that causes COVID-19 and are unvaccinated or not fully vaccinated².

You are considered fully-vaccinated 2 weeks after a second dose in a 2-dose series (the Pfizer and Moderna vaccines are two-dose series) OR 2 weeks after a single-dose vaccine (Johnson & Johnson Janssen vaccine is a single-dose vaccine).

Day 0 of quarantine is the last day that you have been exposed to the individual who has COVID-19.

Example: Sally is unvaccinated and was in close contact with Dan on October 20, 21, and 22. Dan got tested for COVID-19 on October 21, but did not find out his results until October 23rd. Sally's day 0 of quarantine is October 22 since this is the last day she was exposed to Dan.

During your quarantine, you should watch for symptoms of COVID-19 for 14 days after exposure. If possible, stay away from people you live with – especially those who are at a high-risk for severe COVID-19. If you develop signs/symptoms during this 14-day period, you should isolate and get tested using an antigen or PCR test.

There are 3 quarantine options:

1. 14-day quarantine option

This quarantine option is the best option for anyone exposed to COVID-19 AND especially preferred for individuals in the following situations:

- Living in, working at, or visiting congregate living facilities
- High density workplaces where social distancing can be hard to maintain
- Other settings with potential for extensive transmission such as healthcare or school settings
- Individuals in contact with people at an increased risk of severe illness from COVID-19

² CDC's Quarantine Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

2. 10-day quarantine option

- You should still monitor yourself for signs/symptoms for a full 14-day period. If you develop signs/symptoms during this period, you should isolate at home and get tested.
- It is recommended – but not required – that you get tested for COVID-19 using an antigen or PCR test on or after day 8 of your quarantine period. You may exit quarantine on day 11 as long as you are asymptomatic.

3. 7-day quarantine option

- You should still monitor yourself for signs/symptoms for a full 14-day period. If you develop signs/symptoms during this period, you should isolate at home and get tested.
- You may exit quarantine on day 8 as long as you are asymptomatic **and** you have received a negative antigen or PCR test result. The antigen or PCR test must occur on day 5 or later.

If you are **fully vaccinated and in close contact with someone with COVID-19**, you should monitor for symptoms of COVID-19 for 14 days following your exposure.

Additionally, it is recommended³ that you get tested 5-7 days following your exposure, regardless of whether you have symptoms.

You should also mask in public indoor settings for 14 days or until you receive a negative test result.

You should isolate if you develop symptoms of COVID-19 or if you test positive for COVID-19 using an antigen test or a PCR test

CDC recommends that fully-vaccinated individuals who were in close contact with someone with COVID-19 **also** mask at home for 14-day or until they receive a negative antigen or PCR test result if they have household members who are immunosuppressed, at high risk for severe COVID-19, or unvaccinated.

You are considered **fully vaccinated** 2 weeks after:

- 2 weeks after a second dose in a 2-dose series (the Pfizer and Moderna vaccines are a two-dose series)
- OR**
- 2 weeks after a single-dose vaccine (Johnson & Johnson Janssen vaccine is a single-dose vaccine)

³ CDC's Guidance for Fully Vaccinated People: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Information for Caregivers

What should I do if I am taking care of a household member who is in isolation?

As an **unvaccinated OR a not fully vaccinated caregiver**, it is important that you and your household member do not leave the house during the household member's isolation period – unless to seek medical assistance – in order to minimize inadvertently spreading COVID-19 in your community.

You should also quarantine since you are in close contact with your household member, but your quarantine period cannot begin until your household member's isolation period is over. You should quarantine fully at-home for 14-days, 10-days, or 7-days.

Example: Sue's son Jack tested positive for COVID-19 on November 2 after developing a sore throat and cough on November 1. Jack's isolation period began on November 1 and will end on November 11, as long as his symptoms improve. Sue recently received her first dose of the Moderna vaccine, so she is not fully vaccinated. As Jack's caregiver, Sue should stay at home with Jack during Jack's isolation period. On November 11, when Jack's isolation period is over, Sue's quarantine will begin. Sue decided to do a 14-day quarantine so she will quarantine at home until November 25, returning to her daily activities on November 26.

If you are a **fully vaccinated caregiver**, you do not need to quarantine as long as you remain asymptomatic. You may leave your house while caring for your household member.

It is recommended that you wear a mask while indoors during your household member's isolation period and continue to do so for 14 days after your household member's isolation period is over, or until you receive a negative test result for a viral test taken on day 5, day 6, or day 7 after your household member's isolation period is over.

Regardless of vaccination status, it is recommended that during this time you and your household member(s):

- Wear a mask when interacting
- Frequently wash hands
- Disinfect commonly touched surfaces
- Avoid sharing personal items
- Eat in separate rooms or areas

What should I do if I need to isolate for COVID-19 but I have to take care of household members?

Follow the five steps listed directly above.

Unvaccinated OR not fully vaccinated household members that are in close contact with you during your 10-day isolation period should remain at home during your isolation period – unless leaving to seek medical assistance – in order to minimize inadvertently spreading COVID-19 in your community. They should also quarantine fully at home for 14 days, 10 days, or 7 days beginning on your last day of isolation.

Your **fully vaccinated household members** who are in close contact with you do not need to quarantine, as long as they remain asymptomatic. They do not need to remain at home during your isolation period, but it is recommended that they wear a mask while indoors. They should continue to wear a mask indoors for 14 days following your isolation period, or upon receiving a negative result for a viral test taken on day 5, day 6, or day 7 after your isolation period is over.

Additional Information Regarding Isolation, Quarantine and Providing Care

Centers for Disease Control (CDC)

- [COVID-19 Guidance for Operating Early Care and Education/Childcare Programs](#)
- [COVID-19 Symptom Checker](#)
- [If You Are Sick and Caring for Someone](#)
- [Quarantine and Isolation](#)
- [What To Do If You Are Sick](#)

Ohio Department of Health (ODH)

- [Economic Resources for Individuals and Families](#)
- [Quarantine Guidance: Covid -19](#)
- [Resources for Parents and Families](#)

Cuyahoga County Board of Health (CCBH)

- [COVID-19: If You Think You Are Sick](#)
- [Guidance and Links](#)

For answers to questions or to report 2 or more cases of COVID-19 at your facility, please send an email to schools@ccbh.net.