

CUYAHOGA COUNTY

BOARD OF HEALTH

YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

Isolation and **Quarantine** Factsheet for Childcare & Daycare Centers

January 19, 2022

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.

During isolation, you should stay at home, avoid contact with household members, stop sharing household items and monitor your symptoms. If you are around other people, you should wear a well-fitted mask. If you are unable to wear a mask, you should isolate at home for 10 days.

Isolation guidelines for individuals who are symptomatic² for COVID-19 and are able to wear masks:

Isolation ends on day 6 as long as these conditions are met:

- Symptoms have improved
- 24 hours have passed with no fever without taking fever-suppressing medication
- You wear a mask when around others for five additional days – during this five-day period, only go places where you can wear a mask

If on day 6 your symptoms have NOT improved **or** you continue to have a fever, you should remain in isolation at home for an additional 5 days until your symptoms improve **and** you have gone 24 hours with no fever without taking fever-suppressing medication. During this time, you should continue to wear a mask when around other people.

- 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.**

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

² Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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 7 as long as his symptoms have improved, he does not have a fever and he continues to wear a mask when around others from November 8-12.

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 9 as long as her symptoms have improved by then, she does not have a fever and she continues to wear a mask when around others from November 10-15.

- 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 15 as long as his symptoms have improved by then, he does not have a fever and he continues to wear a mask when around others from November 16-20.

Isolation guidelines for individuals who are asymptomatic for COVID-19 and are able to wear masks:

Isolation ends on day 6 as long as these conditions are met:

- You have no symptoms
- You wear a mask when around others for five additional days – during this five-day period, only go places where you can wear a mask

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 20 as long as she remains asymptomatic and continues to wear a mask when around others from November 21 through November 25.

Quarantine is a strategy to prevent transmission of COVID-19 by ensuring that that people who have been in [close contact](#) with someone with COVID-19, and are unvaccinated or are not up to date with their COVID-19 vaccines, stay apart from others.

You quarantine when you have been exposed to the virus that causes COVID-19 and fall into any of these groups³:

- You have not received any COVID-19 vaccines
- You are not up to date with your COVID-19 vaccines, which means -
 - You received a first dose, but not a second dose, of Moderna or Pfizer
 - You completed the two-dose series of Moderna longer than five months ago **and HAVE NOT received a COVID-19 booster vaccine**
 - You completed the two-dose series of Pfizer longer than five months ago **and HAVE NOT received a COVID-19 booster vaccine**
 - You received a single dose of Johnson & Johnson (Janssen) longer than two months ago **and HAVE NOT received a COVID-19 booster vaccine**

***Day 0 of quarantine is the last day that you were exposed to someone who is probable or confirmed as having 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 23. Sally's day 0 of quarantine is October 22 since this is the last day she was exposed to Dan.

Your quarantine period lasts for at least 5 days. You may return to your normal activities on day 6 of your quarantine as long as:

- You have no symptoms
- You wear a mask when around others for five additional days – during this five-day period, only go places where you can wear a mask

If you are unable to wear a mask, you should quarantine fully at home for 10 days.

Regardless of how long you are in quarantine, it is recommended that you get an antigen (rapid) or PCR test on day 5 following your exposure to someone who is probable or confirmed as being covid positive. Monitor yourself for symptoms for 10 days after the exposure. If you develop symptoms, immediately isolate at home, get tested and contact your healthcare provider.

Example: Sally's day 0 of quarantine was October 22. It is now October 28, day 6 of Sally's quarantine period. Sally has not developed any symptoms, so she will return to her normal activities on October 28. She will wear a mask when around other people and monitor herself for symptoms through November 1.

*Alan's day 0 of quarantine was December 3. It is now December 9, day 6 of Alan's quarantine period. **Alan has not developed any symptoms, but he is unable to wear a mask. He will not resume his normal activities on December 9.** He will continue to quarantine fully at home for the next five days of his quarantine period.*

³CDC Quarantine Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

If you are up to date with your COVID-19 vaccines OR have tested positive for COVID-19 within the past 90 days AND have been in close contact with someone who is probable or confirmed as positive for COVID-19, you do NOT need to quarantine.

Monitor for symptoms for 10 days following your exposure AND wear a mask when around others for 10 days.

It is recommended that individuals who are up to date with their COVID-19 vaccines get an antigen (rapid) or PCR test on day 5 following exposure, regardless of whether they have symptoms.

If you develop symptoms or receive a positive test result, isolate at home and contact your healthcare provider.

You are considered to be up to date with your COVID-19 vaccines⁴ if:

- You are between 5-11 years of age and have received a primary series of COVID-19 vaccines (two doses of Moderna or Pfizer OR one dose of Johnson & Johnson)
- You are 12 years of age or older and have received a COVID-19 booster vaccine once eligible
- You have completed the primary series of Moderna less than five months ago
- You have completed the primary series of Pfizer less than five months ago
- You have completed the primary series of Johnson & Johnson less than two months ago

When two weeks have passed after receiving the primary series of vaccines, you are then considered to have completed the primary series. It takes that long for the vaccine to become fully effective.

⁴CDC Staying Up to Date With Your COVID-19 Vaccines: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Information for Caregivers

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

As a **caregiver who is not vaccinated or not up to date with covid vaccines**, 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 at least 5 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 ended on November 6, since his symptoms improved and he is able to wear a mask around others for an additional five days (November 6-10). Sue recently received her first dose of the Moderna vaccine, so she is not up to date with her vaccines. As Jack's caregiver, Sue should stay at home with Jack during Jack's isolation period.*

On November 6, when Jack's isolation period is over, Sue's quarantine will begin. On day 6 of Sue's quarantine period (November 12), she may return to her normal activities as long as she wears a mask around others for an additional five days (through November 16) and has no symptoms. It is recommended that Sue get an antigen (rapid) or PCR test on November 11 and monitor herself for symptoms through November 16.

If you are a **caregiver who is up to date with your COVID-19 vaccines or have tested positive for covid within the past 90 days**, you do not need to quarantine as long as you remain asymptomatic. You may leave your house while caring for your household member. You should wear a mask when around others during your household member's isolation period AND continue to do so for 10 days after the 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.

Household members who are unvaccinated or not up to date with their COVID-19 vaccines, AND who are in close contact with you during your 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 5 days, with day 0 being your last day of isolation.

Your household members who are up to date with their COVID-19 vaccines or have tested positive for COVID_19 within the past 90 days AND 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 when around others. They should continue to do so for 10 days following your isolation period.

More information for caregivers: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

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.