



Quarantine and Isolation Information per the NYS Department of Health

Updated February 4, 2022

5-Day Quarantine Requirements for Asymptomatic Individuals with Known Exposure to COVID-19

Ages 5-11

Fully Vaccinated – No Quarantine Required

Not Vaccinated – Quarantine for 5 days or Participate in *Test to Stay* and attend school/work. No extracurricular activities involving other schools during *Test to Stay* period. (Ages 2-4 also)

Note: Children under age 2 are required to quarantine for 10 days

Confirmed Positive for COVID-19 within Past 90 days – No Quarantine Required

Ages 12-Adult

Fully Vaccinated and Boosted – No Quarantine Required

Fully Vaccinated and Not Yet Eligible for Booster – No Quarantine Required

Fully Vaccinated, Eligible for Booster, But Not Boosted – Quarantine for 5 days or Participate in *Test to Stay* and attend school/work. No extracurricular activities involving other schools during *Test to Stay* period.

Note: Remsen staff members are required to participate in TTS.

Not Vaccinated – Quarantine for 5 days or Participate in *Test to Stay* and attend school/work. No extracurricular activities involving other schools during *Test to Stay* period.

Note: Remsen staff members are required to participate in TTS.

Confirmed Positive for COVID-19 within Past 90 days – No Quarantine Required

5-Day Quarantine Procedures

DATE OF LAST EXPOSURE = DAY 0

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel.

Avoid being around people who are at high risk.

5-Day Isolation for Individuals Testing Positive for COVID-19

Stay home for a minimum of 5 days and isolate from others.

Wear a well-fitted mask if you must be around others at home

FIRST DAY OF SYMPTOMS or POSITIVE TEST = Day 0
First Full Day After Symptom Onset or Test Collection = Day 1

If symptoms develop after testing positive, start 5-day count again with day 0 being the day symptoms started.

Ending isolation if you had symptoms

End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

Ending isolation if you did NOT have/develop symptoms

End isolation after at least 5 full days after your positive test.

If you were severely ill with COVID-19

You should isolate for at least 10 days. Consult your doctor before ending isolation.

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel. Avoid being around people who are at high risk.

Those made ill by the coronavirus are in our thoughts and we wish them a speedy recovery.



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