

# YCSO Close Contact Quarantine Timeline

*for Symptom-Free Students and Staff*

## With no test after 10 days:

Released from quarantine, monitor for symptoms, wear a mask, social distance

## With a test after 7 days:

Released from quarantine **after negative test results**, monitor for symptoms, wear a mask, social distance

## No quarantine required:

Fully vaccinated individuals and those who have had COVID-19 within the last 90 days **DO NOT** need to quarantine

**0**

**DAYS**

Date of exposure

**5**

**DAYS**

Earliest day to get a test

**7**

**DAYS**

**10**

**DAYS**

## My Quarantine at Home Timeline

\_\_\_/\_\_\_/\_\_\_ **Day 0** (date of exposure)

\_\_\_/\_\_\_/\_\_\_ **Day 5** (date I can test if still symptom free)

\_\_\_/\_\_\_/\_\_\_ **Day 7** (date I leave quarantine if Day 5 test is negative)

\_\_\_/\_\_\_/\_\_\_ **Day 10** (date I can leave quarantine if symptom free with no test)

*While in quarantine, contact with others should be limited. Participation in individual outdoor activities (e.g. walking, biking) may continue.*

*YCSO will accept proof of any test results performed on or after Day 5 for return to school.*

***If symptoms develop at any point during the quarantine timeline, please contact your school nurse as soon as possible.***