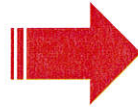


Quarantine Algorithm

If this

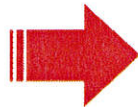
Do this

You have tested positive for COVID-19



Isolate for 10 days starting from the date your symptoms started or positive test (whichever is earlier). Isolation period ends the day after your 10th day.

You were exposed to COVID-19 in the community setting.



Begin quarantine from the date of your last COVID-19 exposure. Quarantine ends either A) After day 10 without testing or B) After day 7 after receiving a negative test result (test must occur on day 5 or later)

Someone in your household has tested positive for COVID-19.



Quarantine period begins after the infected person's 10th day of symptoms. See the attached resource for further household exposure guidance.

What should I do if someone in my home is sick from COVID-19?



If someone in your home is sick from COVID-19, everyone in the household should practice self-quarantine and self-monitoring in order to protect yourself, your family, and your community.

How to quarantine

Stay home (or other location where you can be isolated from others). This means do not go to work, school, daycare, or public areas. If you need medical care, it is important you follow the instructions below. You may go out for necessities such as food or medication if someone else can't bring them over or you can't have them delivered. If you do go out, wear a face covering and go during a time when there will be fewer people.

Separate yourself from other people and animals in your home. As much as possible, you should stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom.

Avoid sharing personal household items. You should not share dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.

Wash your hands often and practice good hygiene.

Postpone all non-essential medical appointments until you are out of quarantine. If you have an essential appointment during the quarantine, talk to your doctor about how to arrange this.

Self-monitoring

If you have a thermometer, measure your temperature twice a day, once in the morning and once at night. Otherwise watch for symptoms of fever like feeling hot, chills or sweats.

Watch for **cough** or **difficulty breathing**.

How long to quarantine

You can develop COVID-19 anytime during the 14 days after your last close contact with someone who has COVID-19.

When quarantining, you should always monitor your symptoms for 14 days after your last exposure to COVID-19, follow the guidance in the first column, and get tested as soon as possible if you develop symptoms. If positive, follow isolation guidance for people who test positive; if negative, continue quarantining.

It is safest if you quarantine for 14 days after your last exposure. No test is required to end quarantine.

You do have other options for quarantine. These options are to:

- Quarantine for 10 days after your last exposure. No test is required to end quarantine. Monitor yourself for symptoms until 14 days after your last exposure.
- Quarantine and get tested for COVID-19 6 or 7 days after last exposure. If your test is negative, you could end quarantine after 7 days of quarantine. You must have your negative test result before ending quarantine and the test cannot be before day 6. Monitor yourself for symptoms until 14 days after your last exposure.

If you develop symptoms or need medical care

Contact your doctor to report your symptoms and see if you need medical care. Do not go to your doctor's office without contacting them first.

Stay home unless you need emergency medical attention. Isolate yourself from others in your home, practice good hand hygiene, sanitize surfaces in your home, and wear a facemask if you need to be around other people.

If you need emergency medical attention, call 911 and let them know that you are being monitored for novel coronavirus.

WHEN IS EVERYONE FINISHED WITH THEIR HOME QUARANTINE?

If someone you live with has COVID-19, other people you live with might become sick too. That can make it difficult to determine when everyone has finished their risk period for developing symptoms.

Use this if people who tested positive are not able to separate themselves from other people you live with. If people who tested positive are able to separate, quarantine can start the next day for people who aren't sick.

Enter the name of each person you live with who tests positive for COVID-19 into the table below and fill in the boxes as appropriate. **If you have been partially or fully vaccinated, see page 4 for more information.**

A. Name	B. First date of symptoms, or date of test if no symptoms	C. Check box when fever has been gone for 24 hours (without medicine) or if they never had a fever	D. Check box when other symptoms are getting better, or if they never had symptoms	E. Check box when it has been 10 days since symptoms started, or 10 days since date of last test if no symptoms	F. Date the boxes in columns C, D, and E were checked for this person
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Once everyone who was sick or has tested positive for COVID-19 has all of the boxes filled in, the quarantine period begins for people who didn't get sick or who never had a positive test. See the next page for how to calculate it.

- **Date 1:** Latest date in column F (date the boxes in columns C, D, and E were checked for this person):
- **Date 2: The last date of quarantine.** There are three options for quarantining. Pick one of the options below. We recommend using the same option for all members for everyone you live with who did not get sick or have a positive test:
 - **Option 1 (Safest option)** – 14 day quarantine (no test required): Add 14 days to Date 1 above (the latest date in column F):
 - **Option 2** – 10 day quarantine (no test required): Add 10 days to Date 1 above (the latest date in column F):
 - **Option 3** – 7 day quarantine, and get tested 6 or 7 days after last exposure. If test is negative, end quarantine after 7 days. You must wait for the test result before ending quarantine: Add 7 days to Date 1 above (the latest date in column F):

Date 2 is the last date of quarantine for everyone who didn't get sick or who never had a positive test. For example, if Date 1 is December 10, below are the dates by each type of quarantine option:

- **Option 1** – 14 day quarantine (no test required): December 24 (December 10+14 days=24)
- **Option 2** – 10 day quarantine (not test required): December 20 (December 10+10 days=20)
- **Option 3** – 7 day quarantine, and get tested 6 or 7 days after last exposure. If test is negative, end quarantine after 7 days: December 17 (December 10+7 days=17)

I have at least one dose of vaccine. How long do I need to quarantine?

I'm Fully Vaccinated

- You do not need to quarantine if your last dose of vaccine was 14 or more days before the person who tested positive became infectious. “Last dose of vaccine” means your second dose for a 2-dose vaccine (such as Pfizer or Moderna) or your first dose of a 1-dose vaccine (such as Johnson & Johnson). You should monitor yourself for 14 days after your last exposure. Stay home and get tested if you have any symptoms.
 - Example: You receive your last dose of the vaccine and 18 days later, someone in your household tests positive for COVID-19. Your contact occurred more than 14 days after your last dose, so you do not need to quarantine as long as you don't have any symptoms.

I'm Partially Vaccinated

- If it has been less than 14 days since your last dose, you need to quarantine. You should start your quarantine now and you are considered exposed every day you are with someone who is infectious until 14 days after your last dose. Calculate your quarantine end date under the section Calculating Your Quarantine Dates.
 - Example: You receive your last dose of vaccine and 5 days later, someone in your household tests positive for COVID-19. Your contact occurred less than 14 days after your last dose, so you need to quarantine. If you received your last dose on 4/1, and the person you have contact with's onset date is 4/6, 14 days after your last dose would be 4/15. Your quarantine (choosing one of the options below) would then start on 4/15 because at that point you would be fully vaccinated and wouldn't need to quarantine for exposures after that date.
- If you've only received one dose of a 2-dose vaccine (such as Pfizer or Moderna) you need to quarantine, and you should follow all guidance for [people who are unvaccinated](#). If you are scheduled to receive your second dose of vaccine while you are in quarantine, you should reschedule your appointment until after your quarantine ends.

Calculating your quarantine dates

- **Date 1:** Enter the last date you had contact with anyone in your household who was in isolation:
- **Date 2:** Add 13 days to the date of your last dose of vaccine:
- **Date 3:** Looking at Dates 1 and 2 above, which is the earliest:
 - There are [three options for quarantining](#). Pick one of the options below. We recommend using the same option for all members for everyone you live with who did not get sick or have a positive test:
 - **Option 1 (Safest option)** – 14 day quarantine (no test required): Add 14 days to Date 3 above:
 - **Option 2** – 10 day quarantine (no test required): Add 10 days to Date 3 above:
 - **Option 3** – 7 day quarantine, and get tested 6 or 7 days after last exposure. If test is negative, end quarantine after 7 days. You must wait for the test result before ending quarantine: Add 7 days to Date 3 above:



Return-to-School Self-Certification for COVID-19*

Students/Teachers/Staff (persons) with COVID-19 symptoms and/or a positive test who were directed to care for themselves at home may end self-isolation when at least **24 hours** have passed *since recovery*, meaning:

- Fever free without the use of fever-reducing medications, **AND**
- Improvement in symptoms (e.g., cough, shortness of breath), **AND**
- At least 10 days* have passed *since symptoms first appeared*.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue self-isolation when at least 10 days** have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

If the person suspected** of having COVID-19 receives a negative molecular/PCR test, the person must still be *symptom free for 24 hours before return to school*. **Antigen and antibody tests do not rule out suspect COVID-19 cases**. If the person is participating in virtual learning from home, the person does not need to wait the 24 hours before resuming school.

If the person is sick with non-COVID-19 symptoms, the person must still be *symptom free for 24 hours before returning to school*. If the person is participating in virtual learning from home, the person does not need to wait the 24 hours before resuming school.

If a person is a close contact (defined as within 6 feet for a cumulative 15 minutes over a 24-hour period) of a COVID-19 case, that person may return to school:

- After 14 days of quarantine from the last day they were exposed, as long as no symptoms develop (gold standard) **OR**
- After 10 days of quarantine from the last day they were exposed, as long as no symptoms develop with daily monitoring through day 14 **OR**
- After 7 days of quarantine from the last day they were exposed, if the individual receives a COVID-19 negative test (molecular/PCR or antigen) at least 48 hours before the time of planned quarantine discontinuation and no symptoms develop with daily monitoring through day 14.

Self-Certification

Student/Teacher/Staff Returning from Isolation

Date of Symptom Onset: ___/___/___

Test Date and Result: ___/___/___ Positive Negative Not Tested

Date of Recovery: ___/___/___

Student/Teacher/Staff Returning from Quarantine

Date of Last Exposure to COVID+: ___/___/___

Date to Discontinue Quarantine ___/___/___

Test Date and Result: ___/___/___ Positive Negative Not Tested

By signing this document, I verify that I have been symptom-free and/or quarantined for the appropriate number of days and that the information reported above is correct.

Signature

Date

*This form is not required by the State of Louisiana to return to school but is intended as a guide to assist in understanding when it is safe to return to school. **This form is not mandated by the State of Louisiana.**

** A suspect case is defined as a person who has at least one of the following major COVID-19 symptoms: cough, shortness of breath, difficulty breathing, or new changes in sense of smell or taste OR at least two of the following minor COVID-19 symptoms: fever (measured or subjective), chills, rigors, muscle ache/myalgia, headache, sore throat, nausea/vomiting, diarrhea, congestion/runny nose or fatigue AND no alternative more likely diagnosis.