

**PLEASE CONTACT YOUR SCHOOL NURSE TO ENSURE THAT YOU MEET THE REQUIREMENTS TO RETURN TO SCHOOL.**

Suffolk County Department of Health recently released updated guidance on January 11, 2022, regarding Isolation and Quarantine. Listed below is the most updated guidance to be followed by students and staff.

**Isolation – If an individual tests positive for COVID-19:**

**Isolation reductions (from 10 days to 5 days) NOW apply to individuals who are asymptomatic at the end of day 5.**

- Individuals who test positive for COVID-19 must isolate for five (5) days, where day 0 is the day COVID-19 symptoms began or, if asymptomatic, the COVID-19 positive test date.
- If the individual is asymptomatic at the end of five (5) days or if symptoms are resolved (no fever for at least 24 hours without the use of fever-reducing medication and symptoms resolved), isolation ends.
- All individuals are required to wear a well fitting mask for an additional 5 days after a 5 day quarantine.

Individuals who are unable to wear a well fitting mask for 5 days after a 5 day isolation should also follow standard (at least 10 days) isolation guidance.

Individuals who are **symptomatic** can only return to school or work with clearance from a doctor/ physician's assistant/ nurse practitioner or a negative covid test. (Individuals who choose not to obtain the clearance mentioned are required to isolate for 10 days.)

**Quarantine - If an individual is exposed to COVID-19: Quarantine as follows:**

- If an individual is **not** vaccinated, quarantine for five (5) days where day 0 is the last date the individual was exposed to the positive COVID-19 case.
- If an individual is fully vaccinated (regardless of booster) no quarantine is required from the academic setting. These students should quarantine outside of school.
- **Extracurricular, sports or after school activities:** Individuals 12 years and older who are eligible for a booster but not boosted, and who have been exposed to an individual with COVID-19, cannot participate in extracurricular, sports or after school activities and, aside from school attendance for instruction and bus travel, must adhere to a 5-day quarantine at home. Fully vaccinated 5-11-year-old children are not eligible for a booster and have no further restrictions.
- If an individual tested positive for COVID within the last 90 days there is no quarantine requirement.

Thank you for your continued support and understanding of the rapidly changing circumstances related to quarantine and isolation. If you have any questions regarding isolation and quarantine, please contact your school nurse.