

## ISOLATION & QUARANTINE GUIDANCE

(as of January 21, 2022)

### If You Test Positive for COVID-19

Everyone, regardless of vaccination status:

- 1) Report your positive status on the Google Form below:
  - a) [COVID-19 Test Result Self Reporting Form](#)
- 2) Begin isolation at home for 5 days (Day 1 being the day after your first positive test or the day after symptoms start).
- 3) If you have no symptoms or your symptoms are resolving after 5 days, you can end your isolation period and return to school on day #6 and continue to wear a well-fitting mask through day #10.
- 4) Continue to remain in isolation for up to ten days if you are still experiencing symptoms.

### If you were exposed to someone with COVID-19 and are

Fully vaccinated (with or without booster)

- 1) No quarantine
- 2) If you develop symptoms while at school, see the school nurse for a test
  - a) If the test is positive, see above for *If You Test Positive for COVID-19*.
  - b) If the test is negative and you are still ill, you should remain home until your symptoms resolve.
- 3) If you develop symptoms at home, stay home, schedule a test or take a home test. Notify the district of the result using the Google Form: [COVID-19 Test Result Self Reporting Form](#)
  - a) If the test is positive, see above for *If You Test Positive for COVID-19*.
  - b) If the test is negative, you are still ill and should remain home from school until your symptoms resolve.

### If you were exposed to someone with COVID-19 and are

Not Fully Vaccinated

- 1) Stay home for 5 days and return to school on day #6 if asymptomatic  
**OR PARTICIPATE IN THE HOME TESTING PROGRAM**  
Schodack families who want to participate in the home testing program will receive home tests from their student's school and follow these steps:
  1. After COVID exposure, test your student on the morning of Day 3 and 5 *before* bringing them to school or boarding the bus
  2. Report the results on the [COVID-19 Test Result Self Reporting Form here](#)
    - a. If negative and asymptomatic, your student may report to school
    - b. If positive or symptoms start, report it on the form linked above and keep your student home

### If your child was sent home from school as a result of displaying signs of an illness

Everyone, regardless of vaccination status:

- 1) If parent consents to test child at school before leaving the building (consent for in school testing on FamilyID here)
  - a) If the test is positive, see above for *If You Test Positive for COVID-19*.
  - b) If the test is negative, the child should remain home until symptoms resolve.
- 2) If consent is not provided to test at school:
  - a) Begin isolation at home for 5 days (Day 1 being the day after your first positive test or when symptoms start). If symptoms are not resolved or resolving after Day 5, isolate for up to 10 days or until symptoms improve. Please contact your school nurse with any questions about this process.
  - b) Consider scheduling a test or taking a home test and reporting the results on the [COVID-19 Test Result Self Reporting Form here](#)