

## **Have you been Identified as a "CLOSE CONTACT" to an individual who has COVID-19?**

A student who has had an exposure to a COVID positive individual and is considered to be a "**CLOSE CONTACT**" will need to Quarantine for **10 full days from their last exposure** to someone with COVID-19, continue to monitor for symptoms consistent with COVID-19 and wear a mask for 14 days following their last exposure.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Last Exposure (Day 0)	Quarantine Day 1	Quarantine Day 2
Quarantine Day 3	Quarantine Day 4	Quarantine Day 5	Quarantine Day 6	Quarantine Day 7	Quarantine Day 8	Quarantine Day 9
Quarantine Day 10	Return to school					

If you are unable to quarantine from the individual who has tested positive for COVID-19, you will have to quarantine for 10 days *after* the COVID positive individual's last infectious day, which is typically day 10 from their illness onset date. This is because a person with COVID-19 is considered to be infectious for 2 days prior to their symptom onset or positive test and 10 days after symptom onset or the positive test.

### **Special Exception~**

**A negative test *might* allow you to end quarantine after 7 full days (returning to school on day 8) if you have not had any symptoms. To see if your student might meet these criteria, please contact the District Nurse at 480-664-5501**

**\*\*Early release from Quarantine with a negative test\*\***

If an individual has:

- 1.) Tested for COVID-19 by PCR or antigen collected at least **5 full days following their last exposure (Specimen collected ON day 6)**
- 2.) Received the test result and it is Negative
- 3.) Been symptom free since exposure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Last Exposure (Day 0)	Quarantine Day 1	Quarantine Day 2	Quarantine Day 3	Quarantine Day 4
Quarantine Day 5	Quarantine Day 6  Completes COVID-19 PCR or antigen test on/ after 5 full days of quarantine	Quarantine Day 7	Return to school  If individual has received negative test result AND Remains symptom-free since exposure			

**The individual must meet all 3 of the above criteria to end quarantine and a copy of a lab report MUST be submitted to the health office *prior* to your student's return. (A picture of a text message of the lab results will not be accepted)**

To read the complete MCHD guidelines please visit <https://www.maricopa.gov/DocumentCenter/View/58864/Quarantine-Guidance-for-Household-and-Close-Contacts?bidId=>

***\* Please note, these guidelines are for "CLOSE CONTACTS" only. These are not the guidelines for individuals who have tested positive for COVID-19. COVID positive individuals must remain in isolation for 10 full days, and be 24 hours fever-free without the use of fever reducing medication before they may return.***