

## QUARANTINE GUIDANCE 9/29/21

### DURING QUARANTINE:

Stay home for 10 days while they are at risk for becoming sick. Your child can leave home only to visit a health care provider, to get a COVID-19 test or in an emergency. It is important that your child stays home, even if they do not feel sick, to help prevent the spread of COVID-19. If symptoms occur, your child should isolate, visit their health care provider, and get evaluated for COVID-19. You should continue to monitor your child for fever or other COVID-19 symptoms for 14 days after their exposure. **If your child completes a full quarantine period of 10 days, does not show symptoms of COVID-19, or test positive for COVID-19 they do not need a doctor's note to return to in person instruction.**

### IF ALLOWED:

THIS OPTION DOES NOT APPLY TO PRE-3 , PRE-K 4, OR KINDERGARTEN

On Day 5 of their quarantine, your child may take a lab-based molecular COVID-19 test (PCR test), and with a negative result, return to attending school in person after Day 7. A negative molecular laboratory test result should be provided to the school. You should continue to monitor your child for fever or other COVID-19 symptoms for 14 days after their exposure. If symptoms occur, your child should isolate, visit their health care provider, and get evaluated for COVID-19.

**Per CDC guidance, in the classroom setting, students sitting 3 to 6 feet from a student with COVID-19 do not need to quarantine if they and the student with COVID-19 wore masks correctly and consistently.**

If there are siblings in other grades, at this time the NYC Department of Health considers these students to be contacts of contacts and does not recommend the 10-day quarantine.