



# COVID-19 Guidance for 2023-2024 School Year

I was **exposed** to COVID-19. What is the current guidance?

If you were **exposed** to COVID-19, it is recommended to **wear a mask for 10 days** around others and test on day 2 or 3, and again on day 5 from last exposure. Home tests are sufficient.

**You do not need to quarantine.**

If symptoms develop, isolate at home, and test.

I am **sick** with COVID-19 symptoms. What do I do?

**Isolate from others if you are sick** and have COVID-19 symptoms, but have not yet tested.

If results are **positive** or **you do not get tested**, follow the isolation guidance below.

If results are **negative** and your symptoms are mild, **wear a well-fitting mask** and resume daily activities or stay home until feeling well enough to resume activities.

I tested **positive** for COVID-19. What are the current recommendations?

**Isolate from others at home for at least 5 days**, as this is when you are most contagious to others. **Wear a well-fitting mask** if you must be within 6 feet of others at home or when attending medical appointments.

If **after 5 days**, you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation on the morning of day 6 from symptom onset date (longer if symptoms persist) and **wear a well-fitting mask for an additional 5 days** (through day 10 from symptom onset date).

**If you experienced severe illness** with COVID-19 and/or **have a weakened immune system**, talk to your doctor before ending isolation.

**Regardless of vaccination status, isolate from others if you have or might have COVID-19.**

The best way to protect yourself and others is to **stay up to date with vaccination** and wear a mask in crowded indoor settings where community transmission is high. Social distancing and handwashing are other ways to protect yourself and others.