



# HEALTH NOTICE

## Guidance and Protocols on COVID-19 Exposure, Infection, and Isolation Time

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### Exposed students:

- Exposed students, regardless of COVID-19 vaccination status, should get tested for COVID-19 with an at-home antigen test within 3-5 days after last exposure.
- Exposed students may continue to take part in all aspects of in-person schooling, including sports and extracurricular activities, unless they develop symptoms or test positive for COVID-19. Positive test results should be reported to the school immediately.
- Wearing a well-fitted mask (especially indoors) up to 10 days after exposure is strongly recommended.

### Student who tests positive for COVID-19, regardless of vaccination status, previous infection, or lack of symptoms:

- Stay home for at least 5 days after the start of symptoms (or after the date of first positive test if no symptoms).
- Isolation can end after day 5\* if symptoms are not present AND the student tests negative with an at-home antigen test on Day 5.
- If unable to test, choosing not to test, or still testing positive on Day 5 (or later), isolation can end after Day 10, if symptoms are not present.
- If fever is present, isolation should continue until fever-free for 24 hours without the use of fever reducing medications.
- Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

### \*How to count five days for isolation:

- **If you have COVID-19 and have symptoms:** Day zero (0) is your first day of symptoms. Day one (1) is the first full day after your symptoms developed.
- **If you test positive for COVID-19 and never develop symptoms:** Day zero (0) is the day of your positive viral test (based on the date you were tested) and day one (1) is the first full day after your positive test.
- **If you develop symptoms after testing positive:** Your 5-day isolation period should start over. Day zero (0) is your first day of symptoms. Day one (1) is the first full day after your symptoms developed.

If you have any questions, please contact the school office at [office@stmatthewcath.org](mailto:office@stmatthewcath.org)