



A Summary of the CDC's Recommendations Regarding Quarantine, Isolation, and Travel (Horace Mann School will be following these recommendations, effective September 9, 2021)

Quarantine or Isolation

You **quarantine** when you might have been exposed to the virus.

You **isolate** when you have been infected with the virus, even if you don't have symptoms.

When to Quarantine

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

- Exception: In the N-12 indoor classroom setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time.
- This exception does not apply to teachers, staff, or other adults in the indoor classroom setting. As noted above, people who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they do not have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Someone who has COVID-19 within the previous 3 months and has recovered and remains without COVID-19 symptoms (for example, cough, shortness of breath) does not need to quarantine after exposure regardless of vaccination status.

When to Isolate (i.e. "I think I have COVID-19 because I have symptoms" or "I tested positive for COVID-19")

Isolation can end after:

- 10 days since symptoms first appeared (without testing) or since testing positive **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving. Note: loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

Length of Quarantine and Monitoring Beyond Quarantine

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.


- Quarantine can end after Day 10 **without testing** and if no symptoms have been reported during daily monitoring.
 - With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.
- When diagnostic testing resources are sufficient and available (see bullet 3, below), then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. This test must occur on day 5 or later. Quarantine cannot be discontinued earlier than after Day 7.
 - With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

Notwithstanding what is above, and in both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met and are outlined in the full text.

Travel – Summary

Travel requirements are outlined in detail below. If a student is required to quarantine as a result of travel, remote learning will not be available; fully vaccinated students are not required to quarantine.


CORONAVIRUS DISEASE 2019 (COVID-19)		
Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
	Get tested 1-3 days before travel	✓
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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CORONAVIRUS DISEASE 2019 (COVID-19)

International Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

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Travel – When Fully Vaccinated, Students and Employees, International or Domestic

If you are [fully vaccinated](#), take the following steps to protect others when you travel:

- Before you Travel (International)
 - Make sure you understand and follow all airline and destination requirements related to travel, mask wearing, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States.
 - Check the current [COVID-19 situation in your destination](#).
- During Travel
 - **[Wearing a mask over your nose and mouth is required](#)** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).
 - Follow all federal, state and local recommendations and requirements, including mask wearing and social distancing.
 - In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities with [close contact](#) with others who are not fully vaccinated.
- After Travel
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - Follow all federal, [state and local](#) recommendations or requirements.

You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

Travel – When Not Fully Vaccinated, Students and Employees, International or Domestic

If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:

- Before you travel:
 - Get tested with a [viral test](#) 1-3 days before your trip.
 - International: Make sure you understand and follow all airline and destination requirements related to travel, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States.
 - International: Check the [COVID-19 situation in your destination](#).
- While you are traveling:
 - **[Wearing a mask over your nose and mouth is required](#)** on planes, buses, trains, and other forms of public transportation (including car services) traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus). CDC recommends that travelers who are not [fully vaccinated](#) continue to wear a mask and maintain physical distance when traveling.
 - Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.
 - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- International: Before you arrive in the United States:
 - All air passengers coming to the United States, including U.S. citizens and fully vaccinated people, **are required** to have a negative COVID-19 viral test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States.
- **After you travel:**
 - **Get tested with a [viral test](#) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.**
 - **Even if you test negative, stay home and self-quarantine for the full 7 days.**
 - **If your test is positive, [isolate](#) yourself to protect others from getting infected.**
 - If you don't get tested, stay home and self-quarantine for 10 days after travel.
 - Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - Follow all [state and local](#) recommendations or requirements.

- Visit your [state, territorial, tribal](#) or [local](#) health department's website to look for the latest information on where to get tested.

Per the CDC's recommendations above, Horace Mann School strongly recommends that when a parent, other guardian, or other household member of an unvaccinated student is traveling, domestically or internationally, masks should be worn in the home for the full seven days after travel.