



## **Covid 19 Illness and Quarantine Guidelines**

These guidelines have been prepared by the Carrollwood Day School Leadership Team, who have carefully considered the best practice standards in addressing and promoting the safety, health, and welfare of our community. These procedures have been thoughtfully developed with local, state, CDS Health and Safety Committee and national guidance to ensure the best standard of care. In order to promote a safe and healthy community for learning please abide by these guidelines as it pertains to your circumstance.

**Individuals who have tested positive for Covid 19** (vaccinated or unvaccinated) are required to stay in quarantine for ten (10) days from symptom onset. If an individual is asymptomatic, quarantine begins the date the Covid 19 test was obtained. Please remember in all cases requiring quarantine, date of symptom onset or test date is considered day zero of the ten (10) day quarantine. Day ten (10) of quarantine should be completed before returning. Please contact the school nurse at [nurse@cdspatriots.org](mailto:nurse@cdspatriots.org) for positive cases.

**Fully vaccinated individuals** (2 weeks after having had both vaccines or 2 weeks past J&J vaccine) living with an individual who has tested positive for Covid 19 **or** who have had high risk exposure (within 3ft for greater than 15 minutes) to someone who has tested positive should monitor for symptoms for fourteen (14) days. We strongly recommend wearing a mask while indoors at this time to help prevent the potential for inadvertent transmission to our community. Should symptoms develop within the fourteen (14) days after exposure, please stay home and follow up with your primary care physician.

**Individuals not fully vaccinated** living with an individual who has tested positive for Covid 19 should quarantine for ten (10) days and monitor for symptoms. On day five (5) a Covid 19 test may be performed; if negative and while remaining symptom free you may return to campus on day seven (7) of quarantine. Please continue to monitor for symptoms for the fourteen (14) days post exposure. Please contact the school nurse at [nurse@cdspatriots.org](mailto:nurse@cdspatriots.org) if you are quarantining.

**Individuals not fully vaccinated** who have been exposed to an individual who has tested positive for Covid 19 should monitor for symptoms for the fourteen (14) days post exposure. We strongly recommend wearing a mask while indoors for five (5) days following the exposure. Should symptoms develop within the fourteen (14) days after exposure, please stay home and follow up with your primary care physician.