

FAQ on [CDPH Guidance for K-12 Schools Effective March 12, 2022](#)

If I am a close contact, or receive a group notification informing of a close contact, am I able to attend school and participate in extracurricular activities?

Exposed students may continue to take part in all aspects of K-12 schooling, including sports and extracurricular activities, unless they develop symptoms or test positive for COVID-19. Masking is not required for exposed students but is strongly recommended by CDPH. CDPH also recommends, exposed students get tested for COVID-19 with at least one diagnostic test obtained within 3-5 days after last exposure, unless they had COVID-19 within the last 90 days.

Will there be changes in group tracing for positive cases and notifications to families?

CDPH continues to recommend schools implement a group-tracing approach, in which schools notify the families of all students who spent at least 15 minutes within a 24-hour time period in a shared indoor airspace with someone who had COVID-19 and was contagious.

What is the process for group contact tracing for positive cases?

Any exposed students, regardless of their vaccination status, are advised to get tested within three to five days after their last exposure — unless they already had COVID-19 within the last 90 days. Exposed students may continue to take part in all aspects of K-12 schooling, including sports and extracurricular activities, unless they develop symptoms or test positive.

Individuals who tests positive for COVID-19 is directed to isolate for 10 days, but isolation can end after day five if symptoms are not present — or they're resolving — and the person has tested negative with a specimen that was collected on day five or later. Antigen tests are preferred according to CDPH.

Will student-athletes and students who participate in performing arts activities such as band and show choir continue to be required to test weekly to avoid wearing masks during physical exertion?

No. COVID-19 testing to allow athletic and performing arts students to avoid wearing masks when exerting strenuous activity is no longer required as of March 12. Testing may still be required for overnight field trips.

Will unvaccinated employees continue to be required to test weekly?

Yes. This guidance has not changed for school employees.

Will unvaccinated volunteers be required to test weekly?

Yes. This guidance has not changed for school volunteers.