

## When to Isolate

**Isolation is no longer recommended for people who are exposed to COVID. Precautionary absences will not be excused.**

Regardless of vaccination status, you should isolate yourself from others outside and inside your home when you have COVID. You are likely most infectious during the first 5 days.

You should also isolate yourself if you are sick and suspect that you have COVID but do not yet have [test](#) results.

IF YOU TEST

**Negative:** You can end your isolation

IF YOU TEST

**Positive:** Follow the full isolation recommendations below

**When you test positive for COVID, isolation is counted in days, as follows:**

**If you had no symptoms:**

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- You may return to school after Day 5
- Wear a mask through Day 10
- If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at Day 0 on the day of symptom onset

**If you had symptoms:**

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your [symptoms](#) started
- You may return to school after Day 5 as long as your symptoms are improving and you have no fever without the use of fever-reducing medications
- Wear a mask through Day 10

Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea