

When to isolate and quarantine and for how long

The following is the CDC's updated guidance for COVID isolation and quarantine:

(Released Thursday, Aug. 11)

Take action if you're exposed to COVID-19

EVERYONE:

Watch for symptoms for 10 days



Wear a mask around others indoors for 10 days

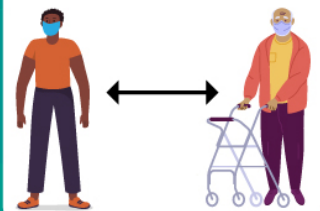


Test 5 days after exposure (or sooner if you have symptoms)



If positive, follow isolation guidance

Take extra precautions for 10 days when around people more likely to get very sick



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MMWR



What counts as close contact?

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for those without symptoms, 2 days prior to test specimen collection) until the time the patient is isolated.

Quarantine or isolation: What's the difference?

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others, even in their home.

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Specific Guidance for K-12 Schools

The City of Kansas City, MO Health Department (KCHD) provides science-based and peer reviewed guidance on COVID-19 prevention and mitigation strategies to protect the citizens of Kansas City, MO. KCHD believes that students benefit from in-person school instruction. Keeping students in the in-person classroom environment is a priority. To best protect staff and students, multi-layered prevention strategies continue to best protect against

transmission of COVID-19 within the school setting and other school-based activities. KCHD, Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the Missouri Department of Elementary and Secondary Education (MO-DESE) have issued extensive guidance for schools in regard to isolation and quarantine for disease containment.

We further recognize that every school district faces unique situations specific to the number of students served, number of buildings in the district, and the availability of transportation and feeding mechanisms. There is no one standard plan that will fit the needs of every district. Each school district whether public or private must develop and maintain its own plan that meets the needs of its faculty, staff, parents, and students. Local public health departments stand ready to assist in this planning, but we are not here to dictate how to provide educational services.

MO-DESE's latest guidance can be found on the Missouri Department of Elementary and Secondary Education [website](#) under [Missouri School Operating Guidance](#). CDC have issued guidance for [K-12 schools](#), [Colleges](#), [universities & other institutions of higher learning](#), and [early education and childcare programs](#).