

# COVID-19 Isolation and Quarantine Requirements

## SYMPTOMATIC

**STEP 1:** DO NOT go to class or practice.

**STEP 2:** Call Health Services at 413-782-1211 and obtain a COVID-19 test.

## TEST POSITIVE

**STEP 1:** Plan to isolate for TEN full days.

**STEP 2:** Test again on day five.

**STEP 3:** Return to school or work is allowed on day six IF:

1. You are fever-free for 24 hours without the use of fever-reducing medication.  
AND
2. Your other symptoms have improved, as assessed by Health Services.  
AND
3. You have a negative Antigen COVID-19 test.

**If you test positive on day five, you are not fever-free, or symptoms are not improving, you must continue to isolate for the entire ten days.**

## EXPOSED OR IDENTIFIED AS A CLOSE CONTACT

### Vaccinated and Boosted

*Fully Vaccinated means you have received all recommended vaccine doses of a primary series AND you have received a booster shot.*

**STEP 1:** No quarantine required.

**STEP 2:** Obtain a COVID test on day five. If negative, no additional actions are required. If positive, follow the isolation algorithm above.

### Recent COVID-19 Illness

*You had confirmed COVID-19 within the last 90 days.*

No quarantine or test required.

### Unvaccinated, Not Fully Vaccinated, or Not Boosted

**STEP 1:** Plan to quarantine for a full TEN days.

**STEP 2:** Obtain a COVID-19 test on day six. If the test is negative and you have not developed symptoms, you may be released from quarantine.

**STEP 3:** Continue to self-monitor for signs and symptoms of COVID-19 for the remaining FIVE days.

**STEP 4:** Call Health Services immediately if you develop symptoms and follow the isolation algorithm.

## TESTING OPTIONS

1. You have an observed rapid Antigen Test at home on day five and results are negative. Observation is arranged via a telehealth visit with WNE Health Services.

OR

2. You obtain an Antigen Test at an outside facility and test results are negative.

OR

3. You obtain an Antigen Test at WNE Center for Health and Wellness and the results are negative.