**COVID-19 Guidelines**

***GMSD 2022-2023***

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| **Scenario** | **Guidance** |
| If YOU were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations | * The CDC recommends that YOU quarantine for at least 5 days. * The CDC recommends that you wear a well-fitting mask around others. * The CDC recommends that you watch for symptoms and wear a mask through 10 full days. * Get tested at least 5 days after last exposure. |
| If YOU were exposed to COVID-19 and are up to date on COIVD-19 vaccinations. | * No quarantine is required. * If symptoms develop, the CDC recommends that you isolate and get tested after 5 days. * The CDC recommends that you wear a mask through 10 full days. |
| If YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days. | * No quarantine is required. * If symptoms develop, the CDC recommends that you isolate and get tested after 5 days. * The CDC recommends that you wear a mask through 10 full days. |
| If YOU tested positive for COVID-19 (regardless of vaccination status). | * You must isolate at home for 5 full days. * End isolation after 5 full days if fever-free for 24 hours (without use of fever reducing medications). * The CDC recommends you wear a mask through 10 full days. |
| If YOU develop symptoms of COVID-19 | * The CDC recommends that you get a COVID-19 test to determine if COVID positive. |

**Calculating Quarantine:** The date of your exposure is considered day “0”. Day 1 is the first full day after your last contact with a person who has had COVID-19. Isolate at home and away from other people for at least 5 days.