**GMSD Covid-19 Protocols**

*Updated 01/05/22*

The GMSD Covid-19 Student & Staff guidelines for isolation & quarantine for those that test positive or experience an exposure are outlined below. The following guidelines come from the Centers for Disease Control’s (CDC) amended guidelines released on 12/27/21 and TN Dept of Health on 01/03/22.

If You Test Positive for COVID-19 (Isolate)

\*Everyone, regardless of vaccination status, should adhere to the following if testing positive:

(a) Stay home for 5 days (symptom onset date or date test taken).

(b) If you have no symptoms or your symptoms are resolving after 5 days, you can exit

Isolation. Must be fever free for 24 hours

(c) Released from isolation on Day 6; Return to regular activities while masked

(d) Required: to wear a mask for days 6-10 after exiting isolation.

\**If you continue to run a fever and/or need fever reducing medication, you should continue to isolate until fever resolves.* ***Must be fever free for 24 hours.***

**Notes:**

* Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
* If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the 5-day isolation and had symptom resolution for a minimum of 24 hours

***\*\*Rationale for change from 10 days to 5 days:*** *The change is motivated by science demonstrating that most SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.*

If You Were Exposed to Someone with COVID-19 (Quarantine)

*Boosted & Vaccinated*

\*If you meet the following criteria, you can bypass having to quarantine as a result of exposure:

1. Have been boosted

**OR**

1. Completed the primary series of Pfizer or Moderna vaccine within the 6 months

**OR**

1. Completed the primary series of J&J vaccine within the last 2 months

**OR**

1. Tested positive for COVID-19 within the past 90 days.

\**If you meet one of the above criteria, you can bypass quarantine if you are* ***asymptomatic*** *and:*

1. Wear a mask around others for the next 10 days (Required)
2. Test on day 5, if possible. (Highly recommended)

\*\**If Symptoms develop, you should stay home to quarantine for 5 full days (based on the date for onset of symptoms).* ***Must be fever free for 24 hours.***

If You Were Exposed to Someone with COVID-19 (Quarantine)

*Not Boosted or Vaccinated*

\*If you meet any of the following criteria, you will enter quarantine as a result of exposure:

1. Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and **are not boosted**

**OR**

1. Completed the primary series of J&J vaccine over 2 months ago and **are not boosted**

**OR**

1. Are unvaccinated

\*If you meet the above criteria, you must enter quarantine and do the following:

1. Quarantine at home for 5 days (date from last exposure)
2. Required: to wear a mask for 5 additional days after exiting quarantine
3. Test on day 5, if possible (Highly recommended)

**Notes:**

* Those that are without symptoms after 5 days of quarantine are cleared to return to normal activities.
* Those that are with symptoms after 5 days of quarantine are required to get a negative test in order to return after 5 days.

\*\**If Symptoms develop, you should stay home to quarantine for 5 full days (based on the date for onset of symptoms).* ***Must be fever free for 24 hours.***

Additional Considerations & Scenarios

COVID Exposure

\*If you are unable to isolate from a positive case in your household, you must wait until their isolation period is over (5-10 days depending on improvement of symptoms) before you start your 5 days.

\*If you are fully vaccinated (or boosted) and exposed to COVID, you’re not required to quarantine **UNLESS** you develop symptoms. You **MUST** isolate based on symptoms developing, regardless of vaccination status.

**\*Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:**

COVID-19

Symptoms to watch for

* *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*

**\*COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.**