COVID 19- TESTING, QUARANTINE, AND ISOLATION FAQ

I have been tested for COVID-19. What should I do?

- Notify your school nurse/supervisor that you have been tested for COVID-19.
- If you were tested because you have symptoms, you will need to be absent and isolate at home until your test results are back and you feel better.
- If you were tested because you are not vaccinated and exposed to someone with COVID-19, you will need to be absent while waiting for your test results and quarantine for up to 10 days.
- If you were tested because you are fully vaccinated and exposed to someone with COVID-19, you do not need to quarantine unless you have symptoms.

I just received a positive test for COVID-19. What should I do?

- Notify your school nurse/supervisor that you tested positive and must isolate at home.
- Consider notifying any persons with whom you had close contact while you had symptoms and in the day or two before your symptoms began.
- Your health care provider can help you manage symptoms and determine the duration of isolation, at least 10 days from when your symptoms started.
  - Isolation means you stay at home in your own room with the door closed. If you are isolating at home, you should not leave unless you need medical care.
  - If you must leave your room, wear a mask, maintain 6 feet distance from others, and make sure common areas such as the kitchen and bathroom are cleaned well after each use.
  - Wash your hands frequently, use hand sanitizer if soap and water are not available.

Someone in my home just received a positive test for COVID-19. What should I do?

- Notify your school nurse/supervisor that you have been in close contact with someone that tested positive for COVID-19.
- If you are fully vaccinated, you may continue to report to school/work but must wear a mask.
- If you have not been vaccinated, you will need to quarantine at home.
- Quarantine means that you are in your own room with the door closed. Necessities should be left outside of the door. Take care to stay more than 6 feet away from housemates. If you must leave your room, wear a mask and make sure common areas such as the kitchen and bathroom are cleaned well after each use.

My close friend just received a positive test for COVID-19. What should I do?

- Notify your school nurse/supervisor that you may have had contact with someone that tested positive for COVID-19.
If you are fully vaccinated, you may continue to report to school/work but must wear a mask.
If you have not been vaccinated, you should stay home from school/work.

**After being exposed to a person with COVID, how long does an unvaccinated person need to quarantine?**

- In general, quarantine for unvaccinated persons lasts for 10 days from the latest date of exposure.
- Quarantine is 14 days for students who are not able to mask due to a disability.
- A shortened quarantine is permitted for unvaccinated persons who wear masks, as follows:
  - If tested 5 full days after exposure (the date of exposure plus 5), the person may return 7 full days (the date of exposure plus 7) after the exposure as long as the test results are back and negative.
- Vaccinated persons who wear masks at school do not need to quarantine after exposure, unless they develop symptoms.

**I was told to quarantine because of close contact with a person who has COVID-19. Should I get tested?**

- Contacts should be tested 5-7 days after exposure and if they have symptoms.
  - Contact your medical provider if you have any medical concerns.
  - Baltimore County Department of Health has free testing sites throughout the county. Go to the County website for more information and to schedule your appointment: [https://www.baltimorecountymd.gov/News/COVID19/testing.html](https://www.baltimorecountymd.gov/News/COVID19/testing.html)
  - If you are tested while in quarantine and test **positive**, please notify your supervisor as soon as possible.

**I don’t have symptoms and I was not identified as a contact, but I would like to get tested anyway.**

- If you are tested, the CDC and Baltimore County Department of Health require that you stay at home until you have your results.