
EXECUTIVE DIRECTOR MEMO

TO: PCCS COMMUNITY
SUBJECT: NEW CDC ISOLATION AND QUARANTINE PERIODS
DATE: JANUARY 10, 2022

Dear PCCS Community,

This message is to share updated school guidance for isolation and quarantine periods for students and staff members sick with COVID-19 or considered a close contact has been reduced to 5 days. Please read all of this email carefully.

As a reminder, if your student begins to experience [cold or flu-like symptoms](#) or receive a positive COVID-19 test; stay home from school and report your absence via the absence line **(224-541-3960)**. You can utilize a take home test or [check this list](#) for local testing sites. Please communicate any positive test results with the Nurse's office.

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The CDC updated its guidance for K-12 Schools [linked here](#). Following that update, the Illinois Department of Public Health (IDPH) and the Lake County Health Department (LCHD), and the Illinois State Board of Education (ISBE) have indicated that this guidance is going to take effect soon. As a result, effective immediately, PCCS will implement the updated CDC guidance.

Positive Test for COVID-19, revised return to school dates:

If a student or staff member tested positive or first had symptoms on the following date:	The new return to school/work date is the following:
Monday, January 10	Monday, January 17**
Tuesday, January 11	Monday, January 17**
Wednesday, January 12	Tuesday, January 18**
Thursday, January 13	Wednesday, January 19**
Friday, January 14	Thursday, January 20**
	<i>**The date above is if a person is fever-free for 24 hours and symptoms have improved. If not, continue to quarantine until symptoms have improved and are fever-free for 24 hours.</i>

The revised close contact quarantine guidelines of 5 days apply to unvaccinated students and staff members, but the guidelines now also include individuals 18 years and older that are not boosted, when eligible.

Close contact with a person with COVID-19, revised return to school dates:

If an unvaccinated student/staff or not boosted 18 yr and older student/staff was a close contact on the following:	The new return to school/work date is the following:
Monday, January 10	Monday, January 17
Tuesday, January 11	Monday, January 17
Wednesday, January 12	Tuesday, January 18
Thursday, January 13	Wednesday, January 19
Friday, January 14	Thursday, January 20
	<i>If symptoms develop, quarantine and test.</i>

A couple of reminders for these new guidelines:

To calculate the 5-day isolation period, day 0 is the first day of symptoms or specimen collection date if asymptomatic. Then the 5-day isolation period is counted, with a projected return to school on day 6.

- After the 5-day isolation period, staff or students can return to school if they are fever-free for 24 hours and their other symptoms have improved.
- Upon their return to school, students and staff should continue to wear a well-fitted mask around others (including home) for 5 additional days after release from isolation.
- If masks need to be removed (e.g. for lunch), students and staff should ensure physical distancing for 5 additional days after release from isolation.

With the new CDC Guidance, who needs to quarantine?

Students, teachers, and staff who came into close contact with someone with COVID-19 should quarantine for at least 5 days (day 0 through day 5) after their last close contact if they are in one of the following groups:

- People who are ages 18 and older and completed the [primary series](#) of recommended vaccine, but have not received a [recommended](#) booster shot when eligible.
- People who received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a [recommended](#) booster shot.
- People who are not vaccinated or have not completed a [primary vaccine series](#).

Who does NOT need quarantine?

Students, teachers, and staff who came into close contact with someone with COVID-19 and are in one of the following groups do not need to quarantine:

- People who are ages 18 and older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- People who are ages 5–17 years and completed the [primary series](#) of COVID-19 vaccines.
- People who had confirmed COVID-19 within the last 90 days (tested positive using a [viral test](#)).

Everyone should wear a [well-fitting mask](#) around others for 10 days from the date of their last close contact with someone with COVID-19 (the date of last close contact is considered day 0). They should [get tested](#) at least 5 days after their last close contact with someone with COVID-19, unless they had confirmed COVID-19 in the last 90 days and subsequently recovered. For 10 days after their last exposure to someone with COVID-19, they should watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms. Those who test positive or develop COVID-19 symptoms should isolate from other people and follow recommendations for [isolation](#).

Thank you again for your patience as PCCS navigates this new school guidance.

PCCS Administration