

# Isolation and Quarantine Guidelines

Please see the NH DHHS [Isolation and Quarantine Recommendations for the General Public](#) and reach out directly to your child's school's Health Office if you have questions.

**Isolation** is for people who are sick or who have tested positive for the COVID-19 virus.

**Quarantine** is for people who have been exposed to the COVID-19 virus and are at risk for developing infection.

<b>EXPOSURE</b>	<b>When can I return to school?</b>	<b>Other NH DHHS <u>recommendations</u>:</b>
I have been exposed in the school setting to a person who is COVID-19 positive.	<b>Immediately</b> cleared to return to school.	<ul style="list-style-type: none"> <li>-Watch for <a href="#">signs and symptoms for COVID-19</a> for 10 days.</li> <li>-Recommended (but not required) to get tested if develop signs and symptoms. If positive, move to <a href="#">isolation</a>.</li> <li>-Recommended (but not required) to get tested at least 5 days after exposure. If positive, move to <a href="#">isolation</a>.</li> <li>-Wear a <a href="#">well-fitting facemask</a> for 10 days around others.</li> </ul>
I have been exposed to a Household Contact* that is COVID-19 positive. AND I am <a href="#">"up to date"</a> ** on vaccination OR unvaccinated and within 90 days of testing positive by antigen or PCR-based testing.	<b>Immediately</b> cleared to return to school.	<ul style="list-style-type: none"> <li>-Watch for <a href="#">signs and symptoms for COVID-19</a> for 10 days.</li> <li>-Recommended (but not required) to get tested if develop signs and symptoms. If positive, move to <a href="#">isolation</a>.</li> <li>-Recommended (but not required) to get tested at least 5 days after exposure. If positive, move to <a href="#">isolation</a>.</li> <li>-Wear a <a href="#">well-fitting facemask</a> for 10 days around others.</li> <li>-Avoid people who are immunocompromised or at high risk for severe disease.</li> <li>-Avoid travel, if possible.</li> </ul>
I have been exposed to a Household Contact* that is COVID-19 positive. BUT I am unvaccinated or <b>NOT</b> <a href="#">"up to date"</a> ** on vaccination, therefore:  <b style="text-align: center;"><u>QUARANTINE</u></b>	<b>At least 5 days (up to 10 days)</b> after the last day of exposure to that COVID-19 positive individual if you have successfully isolated from that person, OR 5 days after that person has 'cleared' isolation (see next row).	<ul style="list-style-type: none"> <li>-Watch for <a href="#">signs and symptoms for COVID-19</a> for 10 days.</li> <li>-Recommended (but not required) to get tested if develop signs and symptoms. If positive, move to <a href="#">isolation</a>.</li> <li>-Recommended (but not required) to get tested at least 5 days after exposure. If positive, move to <a href="#">isolation</a>.</li> <li>-Wear a <a href="#">well-fitting facemask</a> for 10 days around others.</li> <li>-Avoid people who are immunocompromised or at high risk for severe disease.</li> <li>-Avoid travel, if possible.</li> </ul>
I have tested positive for OR have symptoms of COVID-19 and are awaiting testing results (regardless of vaccination status, previous infection or lack of symptoms), therefore:  <b style="text-align: center;"><u>ISOLATION</u></b>	<b>At least 5 days (up to 10 days)</b> after the start of symptoms or positive test results if asymptomatic AND you are fever free (off fever-reducing medications) for at least 24 hours AND other symptoms are improving.	<ul style="list-style-type: none"> <li>-Stay home and away from others (including people in your household) for at least 5 days.</li> <li>-Wear a <a href="#">well-fitting facemask</a> for 10 days around others.</li> <li>-Avoid people who are immunocompromised or at high risk for severe disease.</li> <li>-Avoid travel, if possible.</li> </ul>

\*Household contact: Any person who lives or sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement) leading to exposure to the person with COVID-19

\*\*"Up to date" on COVID-19 vaccination: A person is "up to date" on COVID-19 vaccination when they have completed a primary COVID-19 vaccine series (the single-dose J&J Janssen vaccine, or a 2-dose series of the Pfizer-BioNTech or Moderna vaccine) AND any booster shots which they are eligible for and recommended to receive. CDC has information about [staying up to date on COVID-19 vaccination](#) and who should get a booster shot.