

# Isolation and Quarantine Guidelines 2021-2022

## Isolation Period

**ISOLATION:** When a person who has tested positive for COVID-19 stays home and away from others. Even when there are no symptoms, it is important to isolate to reduce the risk of exposure and potential transmission. In alignment with CDC, Maryland Department of Health and Montgomery County Department of Health and Human Services guidelines, the required isolation period is 10 days.

[https://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/covid\\_guidance\\_full\\_080420.pdf](https://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/covid_guidance_full_080420.pdf)

**10 DAYS**

**REGARDLESS**  
of vaccination status

## Quarantine Period

Quarantine: When someone who has been exposed to an individual positive for COVID-19 stays home and self-monitors for symptoms. Quarantine reduces transmission by separating those who have been exposed to the virus. In alignment with CDC, Maryland Department of Health and Montgomery County Department of Health and Human Service guidelines, the required quarantine period is 10 days for unvaccinated individuals if:

- NO symptoms have been reported during daily monitoring; and
- Daily symptom monitoring continues through Day 14; and
- Quarantined individuals adhere to mitigation strategies, including using a face covering, physical distancing when possible and
- Quarantined individuals immediately isolate and contact their health care provider if symptoms develop

**Note: Children younger than 5 years old and those with a disability or medical condition that makes wearing a face covering unsafe MUST quarantine for 14 days.**

**10 DAYS**

**UNDER CERTAIN**  
**CONDITIONS**  
for unvaccinated  
individuals

## Fully Vaccinated Exposure Exemption

Students and staff who are fully vaccinated (two weeks past their last dose) are exempt from quarantine if they have direct contact with someone who has tested positive or is suspected to have COVID-19.

- Students can continue to attend school in-person, and staff can continue to work in a school or office building.
- Fully vaccinated people should still monitor for symptoms of COVID-19 for 14 days following an exposure.
- Recommended to get tested 3-5 days following a known exposure. Staff and students may report on-site as normal during this time as long as they do not have any COVID symptoms. If they experience symptoms, they should isolate and be tested for COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

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**NO**  
**QUARANTINE**  
**REQUIRED**

**UNLESS**  
**SYMPTOMATIC,**  
testing recommended  
3-5 days following  
exposure