

# COVID-19 CHILDCARE GUIDELINES

## ISOLATION

**If you have symptoms:** Stay home and isolate for at least 5 days from the date your symptoms began. Day 0 is the day when symptoms started, regardless of when you tested positive.

**If you do not have symptoms:** Stay home and isolate for 5 days from the day you had your test done. Day 0 is the day you were tested (not the day you received your positive result). If you develop symptoms within 10 days of when you were tested, the clock restarts at Day 0 on the day of symptom onset.

### When to end isolation:

- If you test negative for COVID-19 -> you may end isolation.
- If you test positive for COVID-19 and have no symptoms -> you may end after Day 5.
- If you test positive for COVID-19 and have symptoms -> you may end after Day 5 if...
  - You are fever-free for 24 hours without the use of fever-reducing medication
  - Your symptoms are improving

\*Even if you've ended isolation, wear your mask through Day 10.

**If a student or staff member tests positive, report it to the  
Portsmouth Health Department!**

**MICHELLE WINZ**

**757-393-8585 X8701**

**SYDNEY HARPER**

**804-664-0855**





# COVID-19 CHILDCARE GUIDELINES



## QUARANTINE



For persons who have had recent exposure to an infected person (regardless of vaccination status), quarantine is no longer recommended. These individuals may continue to attend programming as long as they remain asymptomatic.

- **Masks:** Students/staff that attend programming during the 10 days after exposure may choose to wear a mask around others indoors. The date of last exposure to the person with COVID-19 is considered Day 0.
- **Testing:** Persons who have had recent exposure may consider testing for COVID-19  $\geq 5$  days after exposure (or sooner, if they are symptomatic), irrespective of their vaccination status. Facilities may use available VDH testing resources to support this testing. Test to Stay is no longer routinely recommended.

If the school or facility is experiencing an outbreak of COVID-19 that has been difficult to control or is unusual in size or scope, regional and local epidemiologists may use professional judgment and recommend traditional quarantine and isolation standards be applied until the situation is stabilized.

