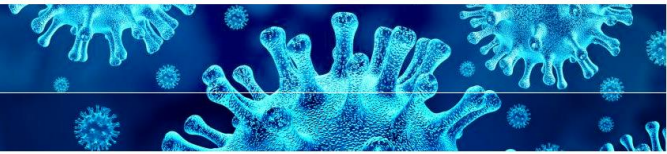




# COVID-19 Information

Office of Health Services 443-809-6368



## COVID 19- TESTING, QUARANTINE, AND ISOLATION FAQ Guidance for Students and Families

### How and when should I test for COVID-19?

- At home COVID-19 tests are easily accessible and provide rapid, reliable results.
- If you choose to have a PCR test, either due to symptoms or exposure, stay home while your test results are pending.
- Consider testing if you are experiencing COVID-19 symptoms such as: fever, sore throat, cough, difficulty breathing, diarrhea or vomiting, new onset of severe headache, new loss of taste or smell, or any of these symptoms that have changed for you.
- Consider retesting after 24-48 hours if your symptoms continue even after having a negative test.
- Testing is also recommended 3-5 days after an exposure to someone with COVID-19.
- If you have a specific medical condition or concern, contact your regular medical provider for guidance.

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

- Notify your school nurse that you tested positive and **isolate** at home.
  - Isolation means you stay at home in your own room with the door closed. If you are isolating at home, you should not leave your home 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.
- If you did a home test, please report the positive test to [covidlink.maryland.gov/selfreport](https://covidlink.maryland.gov/selfreport).
- Consider notifying any persons with whom you had close contact while you had symptoms and during the two days before your symptoms began.
- Your health care provider can help you manage symptoms and determine if you need treatment.
- Visit the Maryland Department of Health [webpage](#) for persons who are newly diagnosed with COVID.

### How long must I isolate now that I have tested positive for COVID?

- Stay home for at least 5 full days from the date of symptom onset if symptomatic or the date of the positive test if no symptoms.



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- Day 1 is considered the first full day after symptoms started in symptomatic persons or the first full day after the person tested positive if asymptomatic.
- After Day 5, if the person has no symptoms or if symptoms are improved and they have had no fever for at least 24 hours without medication, they may return to school/work wearing a well-fitting mask for 5 additional days.
- If the person is unable to wear a mask, they may return
  - after 10 days, or
  - after day 5 as soon as they have a negative test.
- A negative test is NOT required for persons returning unmasked after day 10.

## **A household member has tested positive for COVID-19 after I have tested positive. Does this affect my return-to-school date?**

- No, after testing positive, you follow the isolation timeline based on your symptoms and test date.

## **After being exposed to a person with COVID-19 or COVID-19 symptoms, do I need to quarantine?**

- Staff and students who may be close contacts, regardless of their vaccination status, can continue to attend work/school as long as they remain asymptomatic.
  - Those who can wear a mask should do so for 10 days (day 0 is the last date of exposure).
  - A test at 3-5 days after exposure is recommended, especially for those who cannot wear a mask.
- If you develop symptoms after exposure, stay home and away from others and test for COVID-19.
  - If you test positive for COVID-19, notify your school nurse for guidance about isolation.
  - If you test negative, you may return when your symptoms improve, and you are fever free for 24 hours without medication.
    - If your symptoms do not improve after 24-48 hours, consider re-testing and/or seeking medical care.

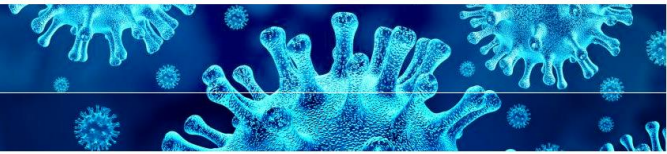
## **I received a community notice that someone in my class or school tested positive for COVID-19. What should I do?**

- Contact tracing is no longer routinely conducted in schools. No quarantine is required for asymptomatic classmates or staff.
- Classmates and staff members who develop symptoms of COVID should stay home and be tested.
- If three or more persons in the class have linked cases, test kits will be sent home with remaining members of the classroom.



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## What if a household member with COVID-19 is not isolated from me in the home?

- While it is recommended that people that test positive for COVID-19 isolate themselves away from others, it is not always possible. In this situation, you will continue to be exposed to the virus that causes COVID-19.
- Continue to monitor for symptoms and wear a mask when around others for 10 days after your last exposure.

## When can a person returning after COVID infection within the past 10 days remove their mask while at work/school?

- Masks may be removed only when eating or napping.
- Unmasked time should be minimized, and physical distancing and ventilation maximized during these times.
- People should not be participating in any other unmasked activities (i.e. indoor athletics).

### Resources:

Order free at-home COVID-19 tests [here](#)

Baltimore County Department of Health: [COVID-19 Testing Sites](#)

Maryland Department of Health: [Newly Diagnosed?](#)

Maryland Department of Health: [After Exposure to COVID-19](#)