


To: Westchester County School Superintendents 

From: Dr. Sherlita Amler, M.D., M.S.  
Commissioner of Health

Re: School Isolation Guidance

Date: January 11, 2022

### INDIVIDUALS WHO TEST COVID-19 POSITIVE OR HAVE SYMPTOMS ISOLATION GUIDANCE

Extracted from <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-isolation.html>

**Students, teachers, and staff who test positive for COVID-19 and never develop symptoms should isolate for at least 5 days.** Day 0 is the day of the positive viral test (based on the date of testing) and day 1 is the first full day after the specimen was collected for the positive test.

- If they continue to have no symptoms, they can end isolation after at least 5 days.
- They should continue to wear a well-fitting mask around others at home and in public until day 10 (day 6 through day 10). If they are unable to wear a mask when around others, they should continue to isolate for 10 days.
- If they develop symptoms after testing positive, the 5-day isolation period should start over. Day 0 is the first day of symptoms. Follow the recommendations above for ending isolation for people who had COVID-19 and had symptoms.

**People who have COVID-19 and have or had symptoms should isolate for at least 5 days.** To calculate the 5-day isolation period, day 0 is the first day of symptoms. Day 1 is the first full day after their symptoms developed.

- **They can end isolation after 5 full days if they are fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved** (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- They should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of their 5-day isolation period. If they are unable to wear a mask when around others, they should continue to isolate for 10 days.
- If they continue to have fever or other symptoms have not improved after 5 days of isolation, they should wait to end isolation until they are fever-free for 24 hours without the use of fever-reducing medication and their other symptoms have improved. They should continue to wear a well-fitting mask and **contact their healthcare provider with questions.**