



CAMBRIA HEIGHTS SCHOOL DISTRICT
OFFICE OF THE SUPERINTENDENT

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ISOLATION AND QUARANTINE GUIDELINES

Updated January 3, 2022

On December 27, 2021, the federal Centers for Disease Control and Prevention (CDC) shortened the recommended isolation and quarantine periods for those who test positive for CoVid-19 or who are close contacts of positive individuals. As a result of the CDC revisions, the Pennsylvania Departments of Health and Education have updated their recommendations for school settings. Effective immediately, the Cambria Heights School District will follow the isolation and quarantine guidelines listed below.

For Students and Staff who Test Positive for COVID-19

- The individual must isolate for five days.
- The student or staff member may return to school **after day five** if he or she *is asymptomatic*.
- The student or staff member should wear a mask in school through **day ten**.

For Students and Staff who Have Been a Close Contact of Someone with COVID-19

- If the student or staff member **is fully vaccinated** and *asymptomatic*:
 - The individual should wear a mask in school for ten days, but does not need to quarantine.
- If the student or staff member is unvaccinated (or is eligible for a booster vaccine but has not yet received one):
 - He or she must quarantine at home for **five days**, then wear a mask in school through **day ten**.

★ *Note:* The Pennsylvania Department of Health recommends that all close contacts, regardless of vaccination status, test on **day five** if possible.

Sources (accessed 1/3/2022)

- [Centers for Disease Control and Prevention](#)
- [Pennsylvania Department of Health](#)