

Lowell Public Schools COVID -19 Quarantine and Isolation Procedures

*Definitions of key terms are below the chart. Please refer to [mass.gov covid](https://www.mass.gov/covid) for further information.

	I have been exposed* to someone who has tested positive for COVID-19. I have no symptoms, and I am up-to-date* on COVID-19 vaccines.	I have been exposed* to someone who has tested positive for COVID-19. I do not have symptoms, but I am not up-to-date* on COVID-19 vaccines.	I have symptoms of COVID-19.	I tested positive for COVID-19, but I do not have symptoms.	I tested positive for COVID-19, and I have symptoms.
	<ul style="list-style-type: none"> I do not need to quarantine*. 	<ul style="list-style-type: none"> I need to quarantine* for 5 days after the last exposure. Day one is the day after I was exposed. 	<ul style="list-style-type: none"> I need to: <ul style="list-style-type: none"> Isolate* for 5 days OR Have a negative PCR w/improved symptoms and fever-free 24 hours without medication OR Have an alternative diagnosis from MD with clearance to return. <p style="text-align: center;"><i>Day one is the day after symptoms began.</i></p>	<ul style="list-style-type: none"> I need to isolate* for 5 days. Day one is the day after I tested positive. 	<ul style="list-style-type: none"> I need to isolate* for 5 days. Day one is the day after I developed symptoms.
	<ul style="list-style-type: none"> It's recommended for me to test for COVID-19 5 days after I was exposed. If I develop symptoms, I should isolate*, call my medical provider, and refer to "I have symptoms of COVID-19" column. 	<ul style="list-style-type: none"> I need to watch for symptoms of COVID-19 for up to 10 days. It's recommended for me to test for COVID-19 5 days after I was exposed and/or if I develop symptoms. If I develop symptoms, I should isolate*, call my medical provider, and refer to "I have symptoms of COVID-19" column. 	<ul style="list-style-type: none"> I should call my medical provider for further advice. To end isolation*I need to complete 5 days of isolation, or have a negative PCR, or an alternative diagnosis from my doctor. Any of these three scenarios require me to have improved symptoms and be fever-free at least 24 hours (without fever-reducing medication). 	<ul style="list-style-type: none"> If I develop symptoms, I should call my medical provider, and to end isolation I must be fever-free for at least 24 hours (without fever-reducing medications), and symptoms improve. 	<ul style="list-style-type: none"> To end isolation* after 5 days, I need to be fever-free (off fever-reducing medications) for at least 24 hours with other symptoms improving.
	<ul style="list-style-type: none"> Masks are required at all times indoors during the school day (except when actively eating). It is recommended I wear a mask for 10 days for after-school activities (such as athletics). 	<ul style="list-style-type: none"> Masks are required at all times indoors during the school day (except when actively eating). It is required that I wear a mask for 10 days for after-school activities (such as athletics). 	<ul style="list-style-type: none"> Masks are required at all times indoors during the school day (except when actively eating). It is required that I wear a mask for 10 days for after-school activities (such as athletics). 	<ul style="list-style-type: none"> Masks are required at all times indoors during the school day (except when actively eating). It is required that I wear a mask for 10 days for after-school activities (such as athletics). 	<ul style="list-style-type: none"> Masks are required at all times indoors during the school day (except when actively eating). It is required that I wear a mask for 10 days for after-school activities (such as athletics).

***Definitions:**

Isolation: For people who are sick or who have tested positive for the COVID-19 virus.

Quarantine: For people who have been exposed to the COVID-19 virus and are at risk for developing an infection.

Exposure: An exposure is defined as a contact with someone who has tested positive for COVID-19.

Household contact: Any person who lives or sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement) leading to exposure to the person with COVID-19.

"Up to date" on vaccines: A person is "up to date" on COVID-19 vaccination when they have completed a primary COVID-19 vaccine series (the single-dose J&J Janssen vaccine, or a 2-dose series of the Pfizer-BioNTech or Moderna vaccine + 14 days).