



# Quarantine Guidance

Updated: December 7, 2020

## Quarantine

*Usually, symptoms of COVID-19 appear within 2 days to 2 weeks after an exposure. But many people who get this coronavirus, called SARS-CoV-2, don't have any symptoms. Exposed persons should self-quarantine for 14 days to allow time to confirm that they don't have it or can't spread it to others.*

*Marin County Public Health recommends COVID-19 testing 5 – 7 days after the last contact with a person who has COVID-19. However, persons placed on quarantine may not return to school even if they test negative for COVID-19. They must complete their quarantine.*

How do I quarantine my child / children if they have been exposed to COVID-19, either because they have been identified as a close contact or as a member of a cohort.

*A close contact is someone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to testing positive for COVID-19).*

- Your child / children must stay home unless they must leave for an essential medical appointment or emergency.
- Everyone in the household should increase [preventive actions](#).
- Do not allow any visitors into your home.
- Monitor your child / children's health starting from the last day they had contact with the COVID-19 positive person and continue for 10 days.
  - If they develop [any COVID-19 symptoms](#), contact their healthcare provider to schedule COVID-19 testing.
  - You should attempt to separate exposed child / children from other household members.
  - Try to [stay 6 feet away](#) from the child / children, if possible and if safe.
  - Parents / guardians should identify a lead caregiver for the exposed child / children. If your child / children becomes infected with COVID-19, follow Centers for Disease Control and Prevention (CDC) [guidance](#) and begin quarantine while providing care to your sick child / children.
- Make sure shared spaces have increased air flow (e.g., open windows).
- Exposed child / children should use a separate bedroom and bathroom, if possible. Exposed child / children should wear a face covering and maximize physical distancing.
- Exposed child / children should not share utensils, dishes, cups/glasses, bedding, towels, and other personal items.
- Wash hands frequently. All members of the household should avoid touching their faces, especially their eyes, with unwashed hands.
- Household members should clean all high-touch surfaces daily, such as counters, tables, doorknobs, bathrooms, phones and keyboards.

## Cohort Closures

Do siblings or other household members need to stay at home if my child's cohort closes?

- If you can quarantine the exposed child / children and separate from other siblings or household members, non-exposed siblings and other household members can return to school.
  - If they share a bedroom, siblings or other household members need to stay home until the quarantine period is completed (10 days)
- Schedule COVID-19 test for exposed child / children 5 - 7 days after last contact with positive case or sooner if they develop [any COVID-19 symptoms](#).
- If the exposed child / children develops [any COVID-19 symptoms](#) while under quarantine, contact the school immediately. Siblings and household members need to stay home (or will be sent home) until a negative COVID-19 test is confirmed.