

Jan. 12, 2022

The state Department of Health and the Tacoma-Pierce County Health Department recently recommended changes to COVID-19 guidelines, including reducing the number of isolation and quarantine days.

Changes in isolation

Students who test positive for COVID-19 must isolate at home for at least five full days, regardless of their vaccination status. They can return when the following criteria are met:

- Five full days since symptom onset or the positive test sample was collected; and
- No symptoms are present or symptoms are improving; and
- No fever without the use of fever-reducing medications within 24 hours of returning

Changes in quarantine

Students who are close contacts may or may not have to quarantine. Close contacts don't have to quarantine if:

- They are fully vaccinated and do not have symptoms. They are still encouraged to get tested 5-7 days after exposure.
- Or they tested positive for COVID-19 in the last 90 days and do not have symptoms.

Upon contact tracing, the students and staff followed all protocols while on campus and are at home under quarantine with their family.

For further information about how to decide if you should keep your student at home or if they can return to school, please see this updated Department of Health [Symptom Decision Tree Checklist](#).