

# Quarantine Overview Based on CDC Guidelines

	States on the Federal/State 'Must -Quarantine List' ( <a href="#">Click Here</a> )	Close Contact	Symptoms of COVID
Quarantine Period	10 days symptom free <b>**IF VACCINATED - NO QUARANTINE UNLESS SYMPTOMATIC**</b>	10 days symptom free <b>**IF VACCINATED NO QUARANTINE UNLESS SYMPTOMATIC**</b>	10 days *No test option*
Testing	PCR COVID test	PCR COVID test	PCR COVID test
When can you test during quarantine	b/w day 3-5 (If negative can return on day 7)	b/w days 5-7 (If negative can return on day 8)	Immediately
Other Important information	<ul style="list-style-type: none"> <li>-You may not return any sooner than day 7 w/ a negative PCR test</li> <li>-You do not need to quarantine if you have had COVID in the last 90 days <b>OR</b> have been more than 2 weeks fully vaccinated</li> </ul>	<ul style="list-style-type: none"> <li>- NEGATIVE PCR test must be emailed to the building nurse or show at time of entrance into the building.</li> <li>- Doctor's note can not override quarantine unless accompanied by PCR test.</li> <li>- <b>Rapid Antigen testing will NOT be accepted</b></li> <li>**If you have had COVID in the last 90 days OR have been more than 2 weeks fully vaccinated**</li> </ul>	<ul style="list-style-type: none"> <li>- NEGATIVE PCR test must be emailed to the building nurse or show at time of entrance into the building.</li> <li>- Doctor's note can not override quarantine unless accompanied by PCR test.</li> <li>- Rapid Antigen testing will NOT be accepted</li> </ul>

For a definition close contact in K-12 setting as defined by the CDC please [click here](#)