

Tamarack Waldorf School

COVID-19 Quarantine and Isolation Guidelines for Staff and Students

People with COVID-19 and close contacts should follow the recommendations outlined on this page. These recommendations do not change based on COVID-19 community levels.

Quarantine: [Quarantine](#) and stay away from others when you have been in [close contact](#) with someone who has COVID-19.

Calculating Quarantine: The date of an exposure is considered day 0. **Day 1 is the first full day after the last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days.

<p>If you were exposed to COVID-19 regardless of COVID-19 vaccination status.</p> <p>This includes household exposure and those who had confirmed COVID-19 within the past 90 days (you tested positive using a viral test).</p>	<p>No quarantine</p> <p>You do not need to stay home unless you develop symptoms.</p> <p>Get tested—Even if you don't develop symptoms, get tested at least 5 days after close contact with someone with COVID-19.</p> <ul style="list-style-type: none"> Negative test—Continue with precautions until day 10. Positive test—Isolate/quarantine. <p>If choosing not to test—Continue precautions until day 10.</p>	<p>Take precautions until day 10</p> <p>Wear a well-fitted mask for 10 full days when around others at home or in public. Do not go places where you are unable to wear a well-fitting mask.</p> <p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms isolate immediately and get tested. Stay home and wait for test results. Wear a well-fitted mask around others.</p>
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Isolate: [Isolate](#) when you are sick or when you have COVID-19, even if you don't have symptoms.

Calculating Isolation: Day 0 is the first day of symptoms or a positive viral test. **Day 1 is the first full day after symptoms developed or test specimen was collected.** If a person has COVID-19 or has symptoms, they must isolate for at least 5 days.

<p>If you tested positive for COVID-19 regardless of vaccination status</p>	<p>Stay home for at least 5 days and isolate from others in your home.</p> <p>If symptoms develop 5 days after testing positive, the 5-day isolation period should start over. Day 0 is the first day of symptoms.</p>	<p>Ending isolation after symptoms—End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p>Ending isolation if you did not have symptoms—End isolation after at least 5 full days after your positive test.</p> <p>If severely ill with COVID-19 Isolate for at least 10 days. Consult your doctor before ending isolation.</p>	<p>Take precautions until day 10</p> <p>Wear a well-fitted mask for 10 full days after the person with COVID-19 ends their isolation, when you are around others at home or in public. Do not go places where you are unable to wear a well-fitting mask.</p>
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All information is from the Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

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COVID-19 Quarantine and Isolation Guidelines for Staff and Students *Continued*

Home COVID-19 Tests for Students	Home COVID-19 Tests for Staff
<p>Tamarack will accept the results of positive home tests that are verified by the parent/guardian for students. If the student has symptoms, we count from the symptom onset date. If the student is asymptomatic, then we count from the test date. Per the Milwaukee Health Department, negative results occurring in individuals with symptoms of COVID-19 should be confirmed by a molecular (PCR) test.</p> <p>The parent/guardian is required to email a photo of the positive test result to the Administrative Director or the School Nurse. These results will be kept in a folder, physical or electronic, separate from student records.</p> <p>Positive at home testing results will be accepted for students following these guidelines:</p> <ol style="list-style-type: none">1. At the top of a blank sheet of paper, please print the student's name and the date the test was taken.2. Place the home test directly under the student's name.3. Please take a photo and email this information to the school. <p>By sending this information you are attesting that the specimen used in the at-home test pictured came from you.</p>	<p>Staff must report home testing results to the Administrative Director. These results will be kept in a folder, physical or electronic, away from personnel records.</p> <p>Positive at home testing results will be accepted for staff following these guidelines:</p> <ol style="list-style-type: none">1. At the top of a blank sheet of paper, please print your name and the date the test was taken.2. Place the home test directly under your name.4. Please take a photo and email this information to the Administrative Director, using your Tamarack email account. <p>By sending this information you are attesting that the specimen used in the at-home test pictured came from you.</p>
<p>Note: Negative home tests are not acceptable. PCR tests are needed to confirm negative results. We recommend that students and staff use Tamarack's onsite COVID-19 testing.</p>	