



General Quarantine Guidelines (updated 1/14/22)

Our guidelines align to the published guidance of our national and local public health departments. The guidelines below apply to all Archdiocesan clergy and staff, including parish, school, agency and Pastoral Center staff:

All individuals must remain at home when sick or experiencing any COVID-like symptoms to minimize the chance of spreading COVID-19.

Fully vaccinated individuals, related to current CDC guidelines on quarantines, are defined as those that:

- Have received the booster, OR
- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months, OR
- Completed the primary series of J&J vaccine within the last 2 months
- A person is considered fully vaccinated two weeks following the day of the last dose of the vaccine (whether 1-dose or 2-dose).

If someone tests positive for COVID, regardless of vaccination status, the individual must:

- Isolate for a full 5 days regardless if symptoms are present or not and regardless if any symptoms resolve before the 5 days are complete.
 - For symptomatic people, Day 1 is the first full day after symptoms develop.
 - For asymptomatic people, Day 1 is the first full day after the positive test is administered.

- Ex. Symptoms develop or positive test is administered on a Sunday. Day 1 is Monday. The individual isolates Monday through Friday. The first potential day out of isolation is Saturday.
- If asymptomatic or symptoms resolve before the fifth day, the individual must still complete the full five days of isolation and must wear mask around others for five more days.
- The individual must be fever-free for 24 hours before leaving isolation. The 5-day rule still applies, but if a fever is present after 5 days, the individual must remain isolated until fever-free for 24 hours.
 - There is no need to test before leaving isolation (though the individual could remain COVID positive for some time, the person is no longer contagious).

If a *vaccinated* individual is a close contact with a positive individual:

- There is no need to quarantine at home as long as the individual is not symptomatic. The individual must wear a mask around others for 10 days after exposure.
- Testing is recommended 5 days after exposure OR if symptoms develop.

If someone who is unvaccinated is a close contact with a positive individual:

- The individual must quarantine at home for 5 days and continue to wear a mask around others for 5 more days.
- Testing is recommended 5 days after exposure OR if symptoms develop

Note: In the absence of a definitive test result (such as that from a PCR test), if you have symptoms, assume it is COVID and start masking at all times, remain at home and observe all mitigation measures as a necessary precaution for your health and that of others.

Lunchtime for isolated/quarantined students

The current CDC guidelines recommend that those who tested positive or were a close contact avoid any unmasked activities around others, including eating, for 10 days (following diagnosis, first full day of symptoms or after last day of contact). With this in mind, lunchtime presents the greatest challenge for students returning to school after a minimum 5-day isolation or quarantine. To create the necessary physical space for students while they are unmasked and eating:

- A separate room or lunch area should be established for students who have tested positive and are returning to school after the required minimum 5-day isolation.
 - These students must eat lunch in this room for days 6 through 10 after returning.
 - All students who have returned from a positive diagnosis may use the same room for days 6 through 10 after their return.
- Students who were determined to be close contacts and required to quarantine for 5 days must be distanced from others while masks are off to eat lunch on days 6-10. During days 6 through 10:
 - They should not eat lunch with the returning COVID-positive students.
 - They should be at a separate table from their unaffected classmates in the lunchroom, or in a separate room.
 - They must be at least 6 feet away from other students while eating. Recently quarantined students may sit at the same table as each other, as long as they are at least 6 feet apart.

Athletics and Extracurricular Activities

Students returning from isolation (recent COVID positive test results)

Anyone who tests positive for COVID may not participate in athletic practices/competitions for 10 days. We understand that the at-home isolation period is 5 days and that they may return to school on day 6 if asymptomatic, but for purposes of team play or any school-organized extracurricular activities (clubs, band, etc.), they must refrain for the full 10 days.

Students returning from quarantine (recent close contacts)

Asymptomatic close contacts may participate in extracurricular activities days 6 through 10 post-exposure, if they have a recent negative test.

- The negative test must have been taken on or after day 5, and the child may not participate in extracurricular activities while waiting for the test results.
- A negative test is required only for participation in extracurricular activities on days 6 through 10. It is not required to return to school (see the section below)
- Both PCR or rapid tests are allowable.

Students who have not obtained a negative test on or after day 5 of exposure may not participate in athletics or extracurricular activities until after 10 days from the date of exposure.

Testing after 5 days recommended, not required

Additionally, while a COVID test is not required of anyone who was quarantined, it is recommended. If access to testing becomes more readily available, a return test for anyone quarantined as a close contact may become required.

Travel Guidelines

We have adjusted our travel guidelines to reflect updated CDC quarantine recommendations. We continue to follow the state classifications designated in the [City of Chicago Travel Advisory](#) for all schools, whether they are in Chicago, Lake County or Cook County.

All schools must observe the following travel guidance:

- Domestic Travel to an “Orange” State
 - Fully vaccinated students/teachers/staff do not need post-travel COVID-19 testing or self-quarantine as long as they are not symptomatic and provide proof of vaccination.
 - Unvaccinated students/teachers/staff must quarantine for 5 days OR provide proof of a negative test, taken after travel and as close to the start of school as practical, but no earlier than 72 hours prior to returning home. Persons must quarantine until a negative test is received. If the test result is negative, no further quarantine is required.
 - Allowable tests include PCR, Rapid and FDA-approved home tests.
- International Travel
 - The CDC currently requires a negative COVID-19 test or proof of recovery to board a plane to the United States. Because of this requirement, no quarantine is required upon arrival, regardless of vaccination status.

Individuals with Prior COVID-Positive Diagnosis Within Past 90 Days

People are presumed immune for 90 days after a COVID-positive diagnosis and have completed the minimum 5 days of isolation and remain symptom free. Therefore, these

individuals are not subject to either domestic or international travel quarantines during their 90-day immunity period (they must have proof of positive diagnosis testing date). After 90-days, these exceptions no longer apply, and any unvaccinated person must follow the quarantine guidelines noted above for all non-vaccinated individuals.