



HEALTH ALERT

JB Pritzker, Governor

Ngozi Ezike, MD, Director

Summary and Action Items

- The CDC recently issued new [Isolation and Quarantine Guidance](#) to shorten the isolation and quarantine periods for the general public. On January 4, 2022, the CDC clarified that these recommendations apply to K-12 Schools and on January 6, 2022 released school specific guidance, namely [Overview of COVID-19 Isolation for K-12 Schools](#) and [Overview of COVID-19 Quarantine for K-12 Schools](#).
- IDPH and ISBE plan to revise its existing regulations and guidance documents regarding exclusion from P-12 Schools to align with the time periods in the CDC's [Isolation and Quarantine guidance](#).
- Updated IDPH/ISBE regulations and guidance documents will be released soon.
- This document summarizes the CDC guidance.

Background

On January 4, 2022, CDC released new [Isolation and Quarantine Guidance](#) for the general public and school specific guidance on January 6, 2022 ([Overview of COVID-19 Isolation for K-12 Schools](#) and [Overview of COVID-19 Quarantine for K-12 Schools](#)). The following represents CDC's new recommendations for K-12 schools:

CDC Recommended Isolation Period for Those Testing Positive for COVID-19

- Staff or students who tests positive for COVID-19, regardless of vaccination status, should isolate for 5 days after onset of symptoms, or 5 days from specimen collection date if no symptoms are present.
- Staff or students who test positive for COVID-19 and have no symptoms or their symptoms are resolving can be released from isolation after 5 days. To calculate the 5-day isolation period, day 0 is the first day of symptoms or specimen collection date if asymptomatic. If they continue to have fever or other symptoms have not improved after 5 days of isolation, they should wait to end isolation until they are fever-free for 24 hours and their other symptoms have improved.
- Schools should ensure that staff or students who test positive for COVID-19 also do the following:
 - Continue to wear a well-fitted mask around others (including at home) for 5 additional days after release from isolation. If unable to wear a mask when around others, the case should continue to isolate for a total of 10 days.
 - Avoid being around students or staff who are [immunocompromised or at high risk for severe disease](#).
 - If masks need to be removed (e.g., for lunch), ensure 6 feet of physical distancing until 10 days after symptom onset or positive test.

Illinois Department of Public Health

525-535 W. Jefferson St.
Springfield, IL 62761

dph.illinois.gov
217-557-2556

69 W. Washington St., Suite 3500
Chicago, IL 60602

CDC Recommended Quarantine Period for Close Contacts to Someone with COVID-19

<ul style="list-style-type: none"> • Ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people. • Ages 5-17 years and completed the primary series of COVID-19 vaccines. • Confirmed COVID-19 within the last 90 days (you tested positive using a viral test). 	<p>Quarantine not required</p> <p>Wear a mask around others for 10 days¹</p> <p>Test on day 5, if possible</p> <p>If a person develops symptoms, they should immediately isolate until a negative test confirms symptoms are not caused by COVID-19</p>
<ul style="list-style-type: none"> • Ages 18 or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible. • Received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot. • Unvaccinated or have not completed a primary vaccine series. 	<p>Stay home and mask around others for 5 days. After that, continue to wear a mask around others for 5 additional days²</p> <p>Test on day 5, if possible</p> <p>If a person develops symptoms, they should immediately isolate until a negative test confirms symptoms are not caused by COVID-19.</p>

¹ Children who have received the primary vaccination series and are not eligible for booster doses after 5 months for Pfizer, 6 months for Moderna, or 2 months for Johnson and Johnson should not be excluded from school after close contact unless they develop symptoms and test positive for COVID-19. If masks need to be removed (e.g., for lunch), ensure 6 feet of physical distancing until 10 days after exposure.

Schools should ensure that there is a plan for people with confirmed COVID-19 and those identified as close contacts to stay masked at all times indoors upon return and through day 10. During times in the school day when students or staff members may typically remove masks indoors (such as during lunches or snack time), have a plan for them to adequately distance from others and ensure they wear their masks when not actively participating in these activities (such as when they are not actively eating).

Target Audience

Local Health Departments, Schools

Date Issued

1/7/2022

Contact

Communicable Disease Control Section, Office of Disease Control, Illinois Department of Public Health