

GILLS Swim Team Updated Covid Protocols 01/11/22

The Illinois Department of Public Health, Illinois State Board of Education, and Cook County Department of Health announced their intention to adopt the CDC guidance for K-12 schools that halves the isolation and quarantine period. **The GILLS Swim team will be adopting and mirroring these same protocols.**

The most significant changes in the guidance center around isolation and quarantine protocols. Please see below:

- **Quarantine** - Students and staff who do not fit the CDC definition of vaccinated and are in close contact with a COVID-positive individual will need to quarantine for 5 days after contact and wear a well-fitting mask around others for 5 additional days (day 6 through day 10).
- **Isolation** - Students and staff who test positive for COVID-19, regardless of their vaccination status, should isolate from others for five days. In order to calculate the five-day isolation period, day zero is the first day of symptoms or the specimen collection date if the individual is asymptomatic. Following five days of isolation, staff or students who tested positive for COVID-19 and have no symptoms or have resolving symptoms can return to school.

The Governor's indoor mask requirement for anyone inside school buildings has not changed and remains in effect.

Quarantine vs. Isolation

[Quarantine](#) means staying home for at least 5 days after exposure to someone diagnosed with COVID-19. This is because someone can be infected with the virus that causes COVID-19 but may not show symptoms. Even though someone may not show symptoms, they can still spread the virus.

Quarantine is different from isolation.

[Isolation](#) is used by someone who has symptoms of COVID-19, or tests positive for the virus that causes COVID-19, even if they don't have symptoms. Isolation helps prevent the transmission of the virus by separating people infected with the virus from those who are not infected.

Quarantine Guidelines:

The revised CDC guidance also addresses the quarantine period for individuals who are close contacts to someone with COVID-19 and groups individuals into two categories.

Category 1 are those who are 18 years old or older and have received all recommended vaccination doses (including boosters and additional primary shots for some immunocompromised people), those 5-17 years old who have completed the primary series of COVID-19 vaccines, and those individuals who had a confirmed case of COVID-19 with the last ninety days.

Individuals in this group who are close contacts ...

- do not need to quarantine
- should wear a well-fitted mask around others for ten days
- If the individual develops symptoms, they should immediately isolate until a negative PCR test confirms symptoms are not caused by COVID-19

Category 2 are those ages 18 or older who completed the primary series of the recommended vaccine but have not received the recommended booster when eligible, those who received the single-dose Johnson & Johnson vaccine over two months ago and have not received a recommended booster shot, and those who are unvaccinated or have not completed a primary vaccine series.

Individuals in this category ...

- must stay at home and mask around others for five days
- continue to wear a well-fitted mask around others for an additional five days after
- If the person develops symptoms of COVID-19, they should immediately isolate until a negative PCR test confirms that their symptoms are not caused by COVID-19

Isolation Guidelines:

The revised CDC guidance states that staff or students who test positive for COVID-19, regardless of their vaccination status, should isolate from others for five days.

In order to calculate the five-day isolation period, day zero is the first day of symptoms or the specimen collection date if the individual is asymptomatic. Following five days of isolation, staff or students who tested positive for COVID-19 and have no symptoms or have resolving symptoms can be released from their isolation.

Ending isolation for people who had COVID-19 and had symptoms:

- If you had COVID-19 **and had symptoms**, isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms develop.
- You can end isolation after 5 full days ***if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved***. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
- You should continue to wear a well-fitting mask around others for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. Students who have mask exemption forms or cannot consistently wear a well-fitted mask correctly can return after 10 days.
- If you continue to have a fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.

Ending isolation for people who tested positive for COVID-19 but had no symptoms:

- If you test positive for COVID-19 **and never develop symptoms**, isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested), and day 1 is the first full day after the specimen was collected for your positive test.
- If you continue to have no symptoms, you can end isolation after 5 days.
- You should continue to wear a well-fitting mask around others for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. Students who have mask exemption forms or cannot consistently wear a well-fitted mask correctly can return after 10 days.

District 230 Dashboard Link (Color system)

<https://www.smore.com/35fqk7-district-230-covid-dashboard?ref=email>