

UPDATED Isolation and Quarantine Guidelines

Isolation Period

Isolation: When a person who has tested positive for COVID-19 stays home and away from others. Even when there are no symptoms, it is important to isolate to reduce the risk of exposure and potential transmission. Previously, MCPS required individuals who tested positive for COVID-19 to isolate for 14 days. In alignment with CDC, Maryland Department of Health and Montgomery County Department of Health and Human Services guidelines, the required isolation period is now 10 days.

https://phpa.health.maryland.gov/Documents/COVID%20response%20for%20schools%20with%20decision%20aid_Update%203_FINAL_1.7.21.pdf

Change from

14 days



10 DAYS

Quarantine Period

Quarantine: When someone who has been exposed to an individual positive for COVID-19 stays home and self-monitors for symptoms. Quarantine reduces transmission by separating those who have been exposed to the virus. Previously MCPS required those exposed to COVID-19 to quarantine for 14 days. In alignment with the CDC, Maryland Department of Health and Montgomery County Department of Health and Human Service guidelines, the required quarantine period is reduced to 10 days if:

- NO symptoms have been reported during daily monitoring; and
- Daily symptom monitoring continues through Day 14; and
- Quarantined individuals adhere to mitigation strategies, including using a face covering, physical distancing and self-monitoring for symptoms of COVID-19 through Day 14; and
- Quarantined individuals immediately isolate and contact their health care provider if symptoms develop to determine whether they need to be tested.

Note: Children younger than 5 years old and those with a disability or medical condition that makes wearing a face covering unsafe MUST quarantine for 14 days.

Change from

14 days



10 DAYS

under certain conditions

Fully Vaccinated Exposure Exemption

Students and staff who are fully vaccinated (two weeks past their last dose) are exempt from quarantine if they have direct contact with someone who has tested positive or is suspected to have COVID-19.

- Students can continue to attend school in-person, and staff can continue to work in a school or office building.
- Fully vaccinated people should still monitor for symptoms of COVID-19 for 14 days following an exposure.

If they experience symptoms, they should isolate and be tested for COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://phpa.health.maryland.gov/Documents/MDH%20rec%20fully%20vaccinated%20non-healthcare%2015Mar2021.pdf>

Change from

14 day
Quarantine



**NO
QUARANTINE
REQUIRED**