



Quarantine 101 Students

Red: day of exposure
Black: days in quarantine
Pink: COVID test options
Green: days eligible for school.

Were you directly exposed to COVID-19?

You must quarantine if you had **direct** exposure. If for example your friend or parent is exposed you are not required to quarantine. That is considered a contact of a contact.

How long do I need to quarantine?

It depends if you get tested for COVID-19 or not.

When can I get tested?



BEFORE you get tested, **make sure you are getting tested at the right time.** You must wait to get tested **5-7 days** after exposure. Getting tested sooner could give a false negative result.

Need help determining when to test?

Call the school nurses at (509) 649-4705
or email nursesd@cersd.org

When can I come back to school?

If you do not develop any symptoms **AND** you get a negative COVID test on day 5-7, call the school nurse to get approval to return. We receive voicemails to our email and will get back to you promptly.

Is the positive exposure in the household?

This changes the quarantine requirements. Please call the school nurse or Kittitas County Public Health Department for guidance. (509-962-7515)

What if I don't want to get a COVID test?

You are not required to. Your quarantine will be 14 days instead of 7 days with a negative test. Please see the example calendars to the right. We are following protocol from DOH and KCPHD.

