



OAK PARK and RIVER FOREST HIGH SCHOOL

Jan. 12, 2022

Dear OPRFHS Families,

As anticipated, last evening the Illinois State Board of Education issued [Revised Public Health Guidance for Schools](#). The new guidance incorporates the Centers for Disease Control (CDC) reduction in isolation and quarantine to 5 days for those who test positive for COVID-19 or who are close contacts to a positive case. Please see the charts below for specifics of the new guidelines, which are effective immediately. **Anyone whose isolation or quarantine began on or before Saturday, Jan. 8, may return to school tomorrow, Thursday, Jan. 13, as long as they meet the conditions described in the charts below.** We are working on individualized communications to those who began isolation or quarantine after Jan. 8.

A significant change to note is that those 18 and older who have not received a booster shot and have been exposed to COVID-19 must quarantine for 5 days, even if they have no symptoms. To upload proof of vaccination or proof of vaccination + booster, please [click here](#).

Guidance for Isolation and Quarantine

If You Test Positive for COVID-19 — Vaccinated or Unvaccinated		
	You Have Symptoms	You Do NOT Have Symptoms
Days 0 - 5	Isolate for 5 days from onset of symptoms. First day of symptoms is day 0.	Isolate for 5 days after a positive test. Day of test is day 0.
Days 6 - 10	<ol style="list-style-type: none">Check symptoms:<ol style="list-style-type: none">If 24 hours fever free with no fever-reducing medication AND no diarrhea or vomiting for 24 hours AND improvement of other symptoms, return to school.If symptoms continue, wait to end isolation until 24 hours fever free with no fever-reducing medication AND no diarrhea or vomiting for 24 hours AND improvement of other symptoms.Regardless of whether symptoms are present, must wear a well-fitted mask around others for days 6-10, including outdoors.	<ol style="list-style-type: none">Return to school after five days if no symptoms develop. (If symptoms develop after testing positive, the 5-day isolation starts over.)Wear a well-fitted mask around others for days 6-10, including outdoors.

**If You Have Symptoms of COVID-19 —
Vaccinated or Unvaccinated**

Must remain home from school:

- Unless you receive a negative test result that confirms the symptoms are not due to COVID-19 OR
- For a minimum of 5 days and a maximum of 10 days until 24 hours fever free with no fever-reducing medication AND no diarrhea or vomiting for 24 hours AND improvement of other symptoms.

Additional instructions:

- Regardless of whether symptoms are present, must wear a well-fitted mask around others for 5 more days after returning to school.
- Those testing positive should follow the guidance for persons testing positive (above).

If You Were Exposed to Someone with COVID-19 and Have No COVID-like Symptoms

You MUST quarantine for 5 days IF...

- Unvaccinated
- 18 or older AND received primary doses of vaccine BUT have not received booster dose when eligible.

Additional instructions:

- Wear a mask around others for 10 days, including outdoors.
- Test on day 5. Day of exposure counts as day 0.
- If symptoms develop, isolate until you receive a negative test result.

You do NOT have to quarantine IF...

- 18 or older AND received all recommended vaccine doses, including boosters. (Some immunocompromised persons must have received additional primary doses.)
- Ages 5 - 17 AND have completed the primary series of COVID-19 vaccines.
- Have had a confirmed COVID-19 case within the last 90 days.

Additional instructions:

- Wear a mask around others for 10 days, including outdoors.
- Test on day 5. Day of exposure counts as day 0.
- If symptoms develop, isolate until you receive a negative test result.

Sincerely,

Dr. Greg Johnson
Superintendent