

Easterseals of SEPA

2023-2024 Covid Isolation and Precautions

Easterseals is dedicated to ensuring a safe workplace for staff and a safe learning environment for children.

For the 2023-2024 school year we will be following the following recommendations from the CDC.

If you were exposed to Covid-19, the Isolation and Exposure Calculator will be used to determine what precautions need to be taken.

[Isolation and Precautions for People with COVID-19 | CDC](#)

We will also be following the CDC recommendations for isolation as listed on the link above.

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your [symptoms](#) started

Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

You **may end isolation after day 5** if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving. ¹

If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)
You need to **isolate through day 10.**

Severe illness (you were hospitalized) or have a weakened immune system

- You need to **isolate through day 10.**
- **Consult your doctor** before ending isolation.
- Ending isolation without a viral test may not be an option for you.

After the 5-day isolation, Staff are required to wear a high quality mask for an additional 5 calendar days in the buildings.

Ending Isolation and Precautions for People with Covid-19: Interim Guidance.

[Ending Isolation and Precautions for People with COVID-19: Interim Guidance \(cdc.gov\)](#)

People who [cannot wear a mask](#), including children < 2 years of age and people of any age with certain disabilities, should isolate for 10 days.

We will not be continuing the test to stay policy.

Masks are available at the Divisions.