

**Friendship Academy of the Arts**  
**COVID-19 Information & Guidelines**  
*Updated & Approved - January 3, 2022*

The isolation rules are for people who are infected. They are the same for people who are unvaccinated, partly vaccinated, fully vaccinated or boosted.

They say:

- The clock starts the day you test positive.
- An infected person should go into isolation for five days, instead of the previously recommended 10.
- At the end of five days, if you have no symptoms or your symptoms are resolving, you can return to normal activities but must wear a mask everywhere—even at home around others—for at least five more days.
- If you still have a fever after isolating for five days, stay home until your fever resolves.

## Isolation Period

Refers to the time and behavior after someone has tested positive for COVID-19. Currently the CDC recommends isolating for at least 5 days, which means Day 6 is the earliest you should consider being around other people. During this time you should:

- Separate yourself from others (ie. stay home from work, do not go out in public)
- Stay in a specific “sick room” or area
- Use a separate bathroom (if available)
- Wear a well-fitted mask if you must be around other people

If you...	Isolation Day 0	Isolation Day 1
Test positive with symptoms	Date your symptoms started	First full day AFTER your symptoms developed
Test positive without symptoms	Date you were tested	First full day AFTER your positive test was taken
Develop symptoms after testing positive*	Date your symptoms started	First full day AFTER your symptoms developed

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\*NOTE: Your isolation period MUST START OVER if symptoms develop AFTER someone tests positive for COVID-19. Day 6 is the earliest you should consider being around other people.

A [COVID-19 Calculator](#) is available to help confirm isolation dates based on your experience.

### Presymptomatic

Refers to the time period when someone has the condition and can pass along the virus to someone else, but has not yet developed any symptoms. According to the CDC for COVID-19, this is generally the 2 days prior to the onset of symptoms and up to 3 days after symptoms start.

### Quarantine

Refers to the time after someone has been exposed to the virus or has been in close contact with someone who has tested positive for COVID-19. To quarantine means staying at home and away from others after being exposed to the virus.

- Day Zero - Date of close contact or being exposed to the virus.
- Day 1 - First full day AFTER being exposed to someone who has tested positive for COVID-19
- Day 5 - Even if you aren't experiencing symptoms, get tested to confirm your diagnosis.

A [COVID-19 Calculator](#) is available to help confirm quarantine dates based on your experience.

### Transmission Period

Refers to the time period when someone is a carrier and most likely to pass along their illness to others. For COVID-19, the CDC states this is generally the 2 days prior to the onset of symptoms and up to 3 days after symptoms started.

Someone with an asymptomatic case of COVID-19 can transmit the virus to others during the presymptomatic phase.

## COVID-19 Symptoms

Regardless of vaccination status, people with COVID-19 have asymptomatic (no symptoms) cases or they may experience mild to severe symptoms that can appear anywhere from 2 to 14 days after someone has been exposed to the virus.

Because symptoms are similar to the flu, anyone experiencing 1 or more of the following should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19:

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- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### If You Test Positive for COVID-19 (Isolate)

Regardless of vaccination status, **EVERYONE** should isolate (stay home) for at least 5 days.

AFTER isolating for 5 days, you may go out in public if:

- You are asymptomatic (never experienced symptoms)
- You are feeling better and symptoms are resolving
- You have been without a fever for 24 hours without taking medication

AFTER isolating for 5 days, continue wearing a well-fitted mask around others for 5 more days.

A [COVID-19 Calculator](#) is available to help confirm isolation dates based on your experience.

### If You Were Exposed to Someone with COVID-19 (Quarantine)

If you have been exposed to the virus and don't meet the definition of **fully vaccinated or are unvaccinated** you should:

- Stay home for 5 days and test at home on the 5th day
- Have a laboratory test on the 6th day
- Continue wearing a well-fitted mask around others for 5 additional days

If you have been exposed to the virus; but:

- You have been boosted

**OR**

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- You have completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**OR**

- You have completed the primary series of J&J vaccine within the last 2 months

Then you are Fully Vaccinated or Boosted, which means you don't have to quarantine; but should:

- Wear a well-fitted mask around others for at least 5 days
- Confirm your diagnosis with a test 5-7 days after the date of exposure

A [COVID-19 Calculator](#) is available to help confirm quarantine dates based on your experience.

**ANYONE** who develops symptoms should immediately quarantine until a negative test confirms they are not attributable to COVID-19.

## Additional Information

### [COVID-19 Calculator](#)

- Use this link to determine how long you should isolate or quarantine

### [Tips for Selecting a Mask](#)

- Use this link to determine the best type of mask to help reduce the risk of transmission

### [COVID-19 Symptoms & Self Checker](#)

- Use this link to learn more about symptoms and connect with the CDC's online self checker survey

[CDC Guidelines as of December 27, 2021](#)

[Quarantine & Isolation](#)