

Isolation, Quarantine Reduced to 5 Days

New Protocols Get Students Back into the Classroom Safely, Sooner

The Liberty Central School District is now adhering to the following COVID-19 protocols, which went into effect Monday, Jan. 10, and reduce isolation/quarantine protocols from 10 to five days. This change reflects the most current guidance from the NYS Department of Health, the Centers for Disease Control, and Sullivan County Public Health Services.

Recommendations change as health experts learn more about COVID-19, the Omicron variant, and how it is spread. Science has shown that the majority of transmission occurs 1-2 days prior to onset of symptoms and in the 2-3 days after. The district will continue to base its protocols on the advice of local, state and federal health agencies.

Protocols can also vary slightly in response to individual situations. If you have specific concerns please consult your healthcare provider or the school nurse.

The Five Day Protocol went into effect Jan. 10

This date was set by Sullivan County Public Health Services, which also created this [Decision Tree for Students](#).

Isolation and Quarantine

- Isolation separates sick people with a contagious disease from people who are not sick.
- Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

What Does “Fully Vaccinated” Mean?

In accordance with the CDC's definition, fully vaccinated is defined as 14 days past an individual's last vaccination dose in their initial vaccine series (14 days past the second shot of a two-dose Pfizer or Moderna vaccine; 14 days past the one-shot Johnson & Johnson vaccine).

If your child tests positive for COVID-19

Students who test positive for COVID-19 must isolate for five days:

- Day 0: Symptom onset or tested positive
- Day 1: Stay home (isolate)
- Day 2: Stay home (isolate)
- Day 3: Stay home (isolate)
- Day 5: Stay home (isolate)

- Day 6: Return to school if asymptomatic, or if symptoms are resolving.

To return to school the student must:

- Be fever-free for 24 hours without the use of fever-reducing medications
- Have not lost their sense of taste or smell
- Not have a runny nose, a persistent headache or muscle aches, or nausea
- Have no more than an infrequent, nonproductive cough that is not getting worse.
Students with a cough must be able to tolerate continuous mask use as breaks are not allowed.
- Have not experienced excessive or unusual fatigue

Upon return to school, the student must wear an appropriate and well-fitted mask for an additional five days.

After close contact with someone who tested positive for COVID-19

If your student IS fully vaccinated:

If your student is fully vaccinated and asymptomatic, they may come to school and no quarantine is necessary.

If your student tested positive for COVID-19 in the past 90 days:

Your student is asymptomatic they may come to school and no quarantine is necessary.

If your student is NOT fully vaccinated:

Unvaccinated students who have come in close contact with an individual who tested positive for COVID-19 must quarantine for five days:

- Day 0: Last date of contact with the infected individual.
- Day 1: Stay home (quarantine)
- Day 2: Stay home (quarantine)
- Day 3: Stay home (quarantine)
- Day 5: Stay home (quarantine)
- Day 6: Return to school if no symptoms have developed

Upon return to school, the student must wear an appropriate and well-fitted mask for an additional five days.

Extracurricular and After School Activities

Vaccination status determines if a student may participate in extracurricular and after school activities after a close contact with an individual who tested positive for COVID-19:

Age 12 or older, vaccinated and boosted, no symptoms

Your child may participate in extracurricular and after school activities.

Age 12 and older, not boosted, no symptoms

Students aged 12 or older, who have been exposed to the virus and are not boosted, cannot participate in after-school activities until they finish a five-day quarantine at home. These students can still go school during that time.

Aged 5-11, fully vaccinated, no symptoms**(A booster hasn't yet been approved for these ages)**

Your child may participate in extracurricular and after school activities.

Reporting a positive test result

If your child tests positive for COVID-19:

- Contact your school nurse, and
- Report the test to Sullivan County Public Health Service's [Self-Attestation Portal](#).