

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Ron DeSantis
Governor

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State Surgeon General

Vision: To be the **Healthiest State** in the Nation

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CDC Updated COVID- 19 Isolation and Quarantine Recommendations

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>

Day 0 is your first day of symptoms to calculate your isolation period. Day 1 is the first full day after your symptoms develop. You can leave isolation after 5 full days or 10 full days if you meet any of the criteria below.

You should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you cannot wear a mask when around others, you should continue to isolate for a full 10 days. Avoid immunocompromised people or those at high risk for severe disease, and nursing homes and other high-risk settings until at least 10 days have passed.

If you continue to have fever or your symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a well-fitting mask. Contact your healthcare provider if you have questions.

If you Tested Positive for COVID-19

<p>To end isolation after 5 days:</p>	<ul style="list-style-type: none"> • Should not meet any of the criteria in the box below “10 day isolation period for....” • Symptoms are improving and have been without fever for 24 hours without the use of fever reducing medications. • Continue wearing a mask for the additional 5 days OR if you cannot wear a mask please isolate for the full 10 days.
<p>10 day isolation for the following regardless of vaccination status:</p>	<ul style="list-style-type: none"> • Healthcare personnel – follow up with employer for return to work criteria • Cannot wear a mask after the 5 day isolation • Work/attend congregate settings such as: jail, nursing homes, daycares, homeless shelters, camps • Schools – **See policy for schools below** • Children under 2 years of age • People with moderate to severe illness (includes difficulty breathing or hospitalization) • Immunocompromised • People with anticipated travel • 2nd antigen test positive after the 5 days of illness/+test • Symptoms worsening after 5 days

If You Were Exposed to Someone with COVID-19

<p>Who does not need to quarantine?</p>	<ul style="list-style-type: none"> You are aged 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people. You are aged 5-17 years and completed the primary series of COVID-19 vaccines. You had confirmed COVID-19 within the last 90 days with a positive PCR/antigen test. <p><i>If exposed (regardless of vaccine status), you should continue to wear a mask for 10 days post-exposure.</i></p> <p><i>If you are displaying symptoms, please isolate and seek testing.</i></p>
<p>Who should quarantine?</p>	<ul style="list-style-type: none"> You are aged 18 or older and completed the primary series of a COVID-19 vaccine, but have not received a recommended booster shot when eligible. You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot. You are not vaccinated or have not completed a primary vaccine series. <p><i>If exposed (regardless of vaccine status), you should continue to wear a mask for 10 days post-exposure.</i></p> <p><i>If you are displaying symptoms, please isolate and seek testing.</i></p>

COVID-19 For Students and Staff of Monroe County Schools

(per State of Florida Emergency Rule and MCSD Policies)

<p>Students:</p>	<ul style="list-style-type: none"> If <u>exposed</u> to a positive individual, can continue to go to school as long as there are NO symptoms or may quarantine for up to 7 days. Notify attendance if you choose to stay home to excuse absences. If <u>positive</u>: <ul style="list-style-type: none"> Out for 10 days and can return as long as symptoms are improving and fever-free for 24 hours without medications. OR Return at any time with negative lab test and NO symptoms. OR Return with a note by a medical provider clearing them to return.
<p>Staff:</p>	<ul style="list-style-type: none"> If <u>exposed</u> to a positive individual, can continue to go to school as long as there are NO symptoms or may opt to quarantine for up to 10 days. If <u>positive</u>: <ul style="list-style-type: none"> Out for 10 days and can return as long as symptoms are improving and fever-free for 24 hours without medications. Reach out to your principal if wanting to return sooner for individual consideration.

For questions, email: MonroeCOVID@flhealth.gov