

Quarantine Guidance for Milwaukee School and Child Care Participants

Quarantine is strict physical separation of individuals who have been exposed to a communicable disease, to determine whether they develop symptoms or test positive for the disease. Quarantine helps stop the spread of the disease to others in the community.

Quarantine Length

14-Day Quarantine

The ideal quarantine timeframe is 14 days. This is the safest strategy to prevent transmission to others. When you come into close contact with someone who has COVID-19, it is best to stay separated from them and other people for 14 days. This is how long an exposed person is at risk for developing this disease and giving it to others.

The 14-day quarantine starts the day after contact with someone who has COVID-19. If, for example, you were exposed December 1, the 14-day quarantine would be December 2 through December 15.

Because some people are having difficulty staying home for two weeks, the Centers for Disease Control and Prevention (CDC) recently developed shorter quarantine periods for people who meet strict guidelines. While a 14 day quarantine is the safest approach, child care centers and schools in the City of Milwaukee may consider the shortened 10-day quarantine **if they are able to meet the criteria outlined below**. The CDC also provided an option for a 7 day quarantine that requires a negative test. This 7 day quarantine **is not recommended** for schools or child care centers.

10-Day Quarantine

To qualify for 10-day quarantine, people must have no symptoms *and* carefully monitor their symptoms for the full 14 days as there's a small chance they could still develop COVID-19 during those last four days.

Symptoms include but aren't limited to cough, shortness of breath, fever, chills, muscle pain, headache, sore throat, loss of taste or smell, fatigue, congestion or runny nose, nausea, vomiting, or diarrhea.

If a contact (a person who's been exposed) has any symptoms they should stay quarantined, contact their medical provider and get tested.

For schools and child care centers to qualify for the shortened 10-day quarantine, the individual and facility must:

1. Have no symptoms
2. Consistently wear a mask
3. Maintain social distance of six feet apart at all times
4. Monitor symptoms daily for 14 days (The school or daycare should perform temperature checks and symptom screening upon arrival and mid-day for days 11-14 of quarantine).
5. Isolate and get tested if even one symptom develops during the 14 days. If the test is positive, they will have to isolate an additional 10 days.

If schools and child care centers are not able to comply with all criteria listed above a 14 day quarantine must be followed.

Getting Tested

Two kinds of tests are generally used for COVID-19. The PCR or molecular tests are more reliable for testing people who have no symptoms. The antigen tests are cheaper and have faster results. Some places start with an antigen test and, if it's positive, perform a PCR to verify.

Please visit milwaukee.gov/covidtesting for information on free community testing sites in Milwaukee.

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