
ISBE-IDPH Shortened Isolation Quarantine Guidance



River Forest
Public Schools

The Illinois Department of Public Health (IDPH) and Illinois State Board of Education (ISBE) released their revised regulations and guidance documents yesterday to align with the Centers for Disease Control and Prevention (CDC) “Isolation and Quarantine” guidance for K-12 schools.

The revised District 90 protocols described below will go into effect on Tuesday, January 18. This date is due to the professional development day scheduled for faculty and staff on Friday, January 14, and the Rev. Martin Luther King, Jr. holiday on Monday, January 17. The timetable will allow school administrators and members of the nursing team to finalize revised plans in preparation for implementation next week.

District 90 schools will implement the updated IDPH/ISBE guidance on shortened COVID-19 isolation/quarantine as follows:

Individuals with Positive COVID-19 Test Result:

- Regardless of vaccination status, students or staff who test positive for COVID-19 should isolate for a minimum of 5 days and a maximum of 10 days after the first day of symptoms or the specimen collection date from a positive viral test. If there are no symptoms or the symptoms have resolved after 5 days, they are released from isolation to return to school on the 6th day. **Students and staff who continue to have symptoms past the 5 days should wait to end isolation until they are fever-free without fever-reducing medication for 24 hours, diarrhea/vomiting have ceased for 24 hours, and other symptoms have resolved before returning to school.** Individuals are strongly encouraged to follow any additional directions from medical professionals.
- Students or staff who test positive must continue to wear a well-fitted mask around others for 5 additional days after returning to school. If this is not possible, the individual must isolate for a total of 10 days. If masks need to be removed (e.g., during lunch), at least 6 feet of physical distance will be maintained until 10 days after onset of symptoms or positive result. District 90 schools will implement protocols to ensure that student seating arrangements for lunch/snack are consistent with the IDPH/ISBE “adequate distance” guidance for students returning from isolation/quarantine after 5 days and that individuals continue to wear masks consistently upon return.

Individuals with COVID-19-Like Symptoms

- Any individuals with COVID-19-like symptoms, regardless of vaccination status, will be excluded from school for a minimum of five days and a maximum of 10 days until fever-free without fever-reducing medication for 24 hours, diarrhea/vomiting have ceased for 24 hours, and other symptoms have resolved **OR**, until receiving a negative PCR test result that confirms the symptoms are not attributed to COVID-19.

Designation as a "Close Contact"

- Individuals 18 or older who have received all recommended vaccine doses, including boosters, and individuals aged 5-17 who have completed the primary series of COVID-19 vaccines (with at least two weeks post second dose), as well as individuals who have had a confirmed COVID-19 case within the last 90 days do not need to quarantine if they are a close contact. They should wear a mask around others for 10 days and test on days 3-5, if possible. If symptoms develop, they should isolate until they receive a negative test result (see above).
- Individuals 18 or older who have completed the primary series of recommended vaccine doses or the single-dose Johnson & Johnson vaccine over 2 months ago, but have not received a booster shot, as well as unvaccinated individuals, should stay home and wear a mask around others for 5 days after a close contact and test on day 5, if possible. If symptoms develop, they should isolate until they receive a negative test result.
- **Children who have received the primary vaccination series but are not eligible for booster doses will not be excluded from school after a close contact unless symptoms develop and they test positive for COVID-19.**

Examples of Individuals Not Designated as "Close Contacts"

- A student who was within 3 to 6 feet in a classroom setting for at least 15 minutes with a confirmed or probable student case if both case and contact were consistently masked for the entire exposure period
- Students and staff aged 18 years and older who have received all recommended COVID-19 vaccine doses, including boosters and additional primary doses for qualified immunocompromised individuals
- A student aged 5-17 years who completed the primary series of a COVID-19 vaccine more than two weeks before contact
- An individual who has tested positive for COVID-19 in the past 90 days from the date of exposure
- An individual who is solely exposed to a confirmed case while outdoors, unless under higher-risk exposure

These individuals (above) must wear a mask around others for 10 days and may consider testing for COVID-19 on day 5, if possible. Those testing positive will be excluded from school and should follow guidance for persons testing positive.

Returning from Quarantine or Isolation

Since individual health circumstances will vary about readiness to return to school, staff and students who are impacted by isolation/quarantine should contact the school nurse to finalize plans to return to school. The IDPH and ISBE recommend that students return to school after 5 days **if symptoms have resolved and other conditions are met as described above**, unless clinically recommended to continue exclusion by their medical provider.

Other Considerations

Please note that all other COVID-19 protocols currently being implemented in District 90 that are not addressed in this communication remain unchanged at this time. These include our present mitigation protocols addressing:

- vaccination and testing
- mask-wearing requirements
- physical distancing considerations
- contact tracing procedures
- screening and outbreak testing provisions
- steps to improve ventilation and air circulation

- adherence to handwashing regimens
- school cleaning and disinfection efforts

If you have questions about this communication or implications for you, your child, or your family, please contact the nurse at your child's school. Questions pertaining to COVID-19 procedures or safety mitigation protocols can also be directed to the D90 Infection Control Officer, Sam Martini, at martinis@district90.org.