



## WEST MIFFLIN AREA SCHOOL DISTRICT

1020 Lebanon Road Suite 250 West Mifflin, PA 15122-1036  
(412) 466-9131 Fax: (412) 466-9260

**Mr. Jeffrey T. Soles**  
*Superintendent of Schools*

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# CDC Guidelines for Quarantining

Dear Parents and Guardians:

The District hopes that everyone had a nice Holiday Break and their New Year is off to a great start. Most families have heard that the CDC was in the process of updating their quarantining guidelines. The CDC is modifying the duration of time people have to quarantine or isolate.

Below is information provided by the Health Department on the updated quarantining process. Please see the District's website for the full document provided by the Department of Health. The District will be utilizing this document to navigate the quarantining process.

### Recommendation for Individuals Who Test Positive for COVID-19

Regardless of vaccination status, anyone who tests positive for COVID-19 must:

- Isolate at home for 5 days. As much as possible,
  - o Stay in a specific room away from other people and pets in the home.
  - o Use a separate bathroom.
  - o Wear a mask around other people in the home.

If the person with COVID-19 either has no symptoms or has resolved or improving symptoms (including fever) after Day 5 of isolation, the person with COVID-19 may leave their house provided they wear a well-fitting mask when around other people.

All persons who test positive for COVID-19 are recommended to wear a mask while around other people during Days 6 through 10. Day 0 is defined as either the date of symptom onset, or the date the test specimen was collected if the patient is asymptomatic. If someone develops symptoms consistent with COVID-19, testing is recommended regardless of vaccination or prior infection status.

### Individuals Who Do NOT Need to Quarantine After Exposure to COVID-19

The following groups of individuals do NOT need to quarantine after being exposed (i.e., close contact\*) to someone with COVID-19:

- People who have received a booster vaccination and more than 2 weeks have passed;
- People who have completed the primary series of Pfizer or Moderna vaccine within the last 6 months and thus are not yet eligible for the booster vaccination;
- People who have completed the primary series of the J&J vaccine within the last 2 months; Heterologous (mix-and-match) dosing may occur for the booster dose.

Individuals who can be categorized into these groups do not need to quarantine at home; however, they do need to wear a mask around others for 10 days. Additionally, these individuals

should be tested on Day 5 after exposure, if possible. If this test is positive, the individual should follow the recommendations above for individuals who test positive.

#### Individuals Who DO Need to Quarantine After Exposure to COVID-19

The following groups of individuals DO need to quarantine after being exposed to someone with COVID-19:

- People who have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and have not received a booster vaccination;
- People who have completed the primary series of the J&J vaccine over 2 months ago and are not boosted;
- People who are not vaccinated.

Individuals who are categorized into these groups must quarantine at home for 5 days, and then wear a mask around others for an additional 5 days. If the person is absolutely unable to quarantine, they must consistently wear a mask for 10 days. Additionally, these individuals should be tested on Day 5 after exposure if possible (the day of exposure is considered Day 0). If this test is positive, the individual should follow recommendation above for individuals who test positive.

Sincerely,

Jeffrey T. Soles  
Superintendent