

COVID-19 Update January 2022

Isolation Period Reduced

The Ventura County Department of Public Health (VCPH) has reduced the isolation period for a student testing positive for COVID-19 from 10 to 5 days when the student tests negative on day 5

- The student must isolate (remain at home) for 5 days after the day that symptoms began or the day when he or she took the test.
- If they test negative on day five or after they can return to school the day after the negative test if they have no fever and symptoms have improved.
- An antigen test (not PCR) should be used to end isolation.
- Home tests can be used for this purpose.

Quarantine Period Reduced

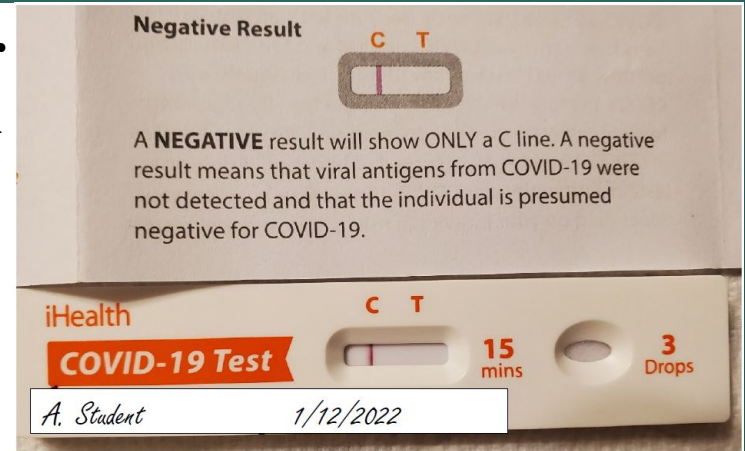
The VCPH has reduced the Quarantine period for a student in close contact with a person testing positive for COVID-19 from 7 to 5 days when the student tests negative on day 5

- The student in a standard quarantine must remain at home for 5 days after the day of last exposure to the person who tested positive. If they test negative on day five or after, they can return to school the day after the negative test.
- A modified quarantine can end on day 6 if they test negative on day 5.
- Home tests can be used for this purpose.
- Vaccinated students and students who have tested positive within the last 90 days do not need to quarantine if they remain asymptomatic.

Home Tests

At home COVID-19 tests can be used for routine screening, when isolating, or in quarantine

- Fast and easy to use
- Provide the school with a photo of the results
- 4 Free tests can be ordered at:
www.covidtests.gov
- At home tests cannot be used to qualify for the 90 day post positive quarantine exemption. Must have laboratory results.



N95 Masks for Students

Most Effective	More Effective	Effective	Least Effective
<ul style="list-style-type: none">• N95 (also best for wildfire smoke)	<ul style="list-style-type: none">• KF94• KN95• Double Mask• Fitted Surgical Mask	<ul style="list-style-type: none">• Surgical Mask	<ul style="list-style-type: none">• Fabric mask with three or more cloth layers

CDC Guidance for general population



There are many counterfeit N95 and KN95 masks being sold

- NIOSH does not approve masks for children
- A tight fit is essential for maximum protection. An adult size will not fit a young child.
- We are expecting to receive adult sizes to distribute to older students who want to wear them.
- We are sourcing mask in child size that meet N95 and KN95 standards.
- These masks are more uncomfortable to wear – particularly for extended periods.
- Better to wear a less effective mask

consistently