



Quarantine and isolation have proven to be key strategies in reducing the spread of COVID-19. This is especially important in the preschool setting where many students are not yet vaccinated. Natural Start Preschool’s quarantine and isolation protocols have been established in accordance with guidelines from the Washington State Department of Health (<https://doh.wa.gov/sites/default/files/2022-03/821-165-K12SchoolsChildCare.pdf>), the King County Departments of Health (<https://kingcounty.gov/depts/health/covid-19.aspx>), and the Bellevue School District (<https://bsd405.org/services/health/covid-19-health-and-safety/closure-protocols-and-reporting/>).

If your child tests positive for COVID-19, has symptoms (see below), or is identified as a close contact of someone who has COVID-19, they should quarantine or isolate as appropriate. This page outlines the difference between quarantine and isolation and provides specific guidelines for each.

SYMPTOMS OF COVID-19

If your child is experiencing any of the following symptoms, please keep them home and test them for COVID.

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| ✓ Fever (100.4°F / 38°C or higher) | ✓ Congestion or runny nose |
| ✓ Chills | ✓ Nausea or vomiting |
| ✓ Shortness of breath or difficulty breathing | ✓ Diarrhea |
| ✓ Muscle or body aches | ✓ Headache |
| ✓ New loss of taste or smell | ✓ Fatigue |
| ✓ Cough (new, changed, or worsening) | ✓ Sore throat |

CLOSE CONTACT – QUARANTINE

Quarantine describes when a student who has been in close contact with someone with COVID-19 stays home and away from others for the recommended period of time in case they were infected and are contagious.

Quarantine becomes isolation if the student later tests positive for COVID-19 or develops symptoms.

How long does quarantine last?

Regardless of vaccination status, students who come in close contact with someone with COVID-19 are required to:

Quarantine at home for at least **5 days after the last date of exposure**,

AND

Get tested 3-5 days after the last date of exposure (molecular [PCR/NAAT], antigen, and at-home tests are acceptable; ***if the test is positive, the student must isolate – see “Isolation” below***),

AND

Wear a certified, well-fitted N95/KN95/KF94 mask (or equivalent) to preschool for 10 days after the last date of exposure,

AND

Continue to watch for symptoms for 10 days after the last date of exposure.

ISOLATION

Isolation is for those who have tested positive for COVID-19, or who have symptoms of COVID-19, or who are awaiting test results. Isolation means you stay home and away from others (including household members) for the recommended period of time (see below) to avoid spreading illness.

Parents/guardians of students who test positive for COVID-19 should notify the preschool director immediately upon receipt of the test results.

How long does isolation last?

A student who tests positive for COVID-19 is required to isolate at home, regardless of vaccination status. The isolation period is **10 full days from the start of symptoms or the date of positive test**. See “Calculating Your Isolation Period” below for additional information.

The student may return to preschool after 5 full days of isolation if:

They test negative with an antigen or at-home test by day 5 (NSP requires documentation of a negative antigen test result to return on day 6, where day 0 is the day of symptom onset or positive test date)

AND

Their symptoms have significantly improved or they are asymptomatic,

AND

They have been without a fever for the past 24 hours without the use of fever-reducing medications,

AND

They wear a certified, well-fitted N95/KN95/KF94 mask (or equivalent) for 5 additional days after returning to preschool (days 6-10).

Calculating Your Isolation Period

- If you have symptoms, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.
- If you have not had any symptoms, day 0 is your positive viral test date (the date you were tested). Day 1 is the first full day after the specimen was collected for your positive test.

For further assistance, please see the WA State Department of Health “[Isolation and Quarantine Calculator](https://doh.wa.gov/emergencies/covid-19/isolation-and-quarantine-covid-19/isolation-and-quarantine-calculator)”: <https://doh.wa.gov/emergencies/covid-19/isolation-and-quarantine-covid-19/isolation-and-quarantine-calculator>