



Modified & Shortened Quarantine

New California Public Health Department (CPDH) Guidance for Schools

Supporting in-person instruction with fewer missed days

What is Modified Quarantine?

Applies to students only | Optional for schools to implement

Modified quarantine: a period of time (typically 7-10 days) during which STUDENTS may continue in-person instruction (with exception of activities where a mask cannot be worn, e.g. band) but should refrain from all extracurricular activities at school including sports as well as activities within the community setting. Modified quarantine does not apply to staff.

Who qualifies for Modified Quarantine?

Asymptomatic, unvaccinated students exposed to COVID-19 when both parties were wearing a mask in any school setting (indoor or outdoor) supervised by school staff. Modified Quarantine applies to exposure in school settings ONLY.

A student is considered exposed when they have close contact with a positive case. Close contacts are people who had:

1. A total of ≥ 15 minutes over a 24-hour period within 6 feet of a COVID-19 positive person when that person was contagious, even if both people were wearing masks; OR
2. Unprotected direct contact for any length of time with an infected person's sneeze, saliva, or cough.

What are students permitted to do in Modified Quarantine?

- Attend class in person (with masks)
- Participate in recess or P.E. (masks are strongly encouraged outdoors)
- Use of school transportation (with masks)

Not permitted:

Participation in extracurricular activities

Modified Quarantine Requires

Masking



Facemasks can protect students from transmission and allow them to continue in-class learning

Twice-Weekly Testing



Twice-weekly testing during modified quarantine provides an additional layer of safety and monitoring. Test immediately. The second test should be at least 3 days after the first test. If the test is negative on or after day 6, they may exit quarantine on day 8.

Testing for modified quarantine MUST be supervised (e.g. at school or health care provider's office).

What is Shortened Quarantine?

Applies to Students Only

Shortened quarantine applies to:

- Masked or unmasked unvaccinated close contacts who remain asymptomatic.
- Exposures that occur in school, household and community settings

If no symptoms, release from quarantine:

- On day 11 after date of last exposure with no test.
- On day 8 (or later) if test is taken on or after day 6 and result is negative.