



MRLS will be following the most recent released CDC Guidance and Protocols for Isolation and Quarantining for all Staff and Students beginning 8/11/22

COVID-19 Guidance for Isolation and Quarantining Update:

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves (no fever for 24 hrs. without the use of fever reducing medications).

If you are having symptoms of COVID-19 and waiting for your test results, stay home until you get the results.

If You Were Exposed to Someone with COVID-19 (Self Monitor – No Quarantine Unless Symptoms Develop)

Everyone, regardless of vaccination status:

- Should wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.