



Garrison Forest School COVID-19 Protocols

For Cases of Confirmed or Suspected COVID-19 (Isolation)

All persons who **test positive for COVID-19** or have suspected COVID-19, **regardless of vaccination status**, should complete isolation as follows:

Stay home for at least **5 full days** and isolate from others in your home.

When you have COVID-19, isolation is counted in days, as follows:

If you had no **symptoms**

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop symptoms within 10 days of testing, the clock restarts at day 0 on the day of symptom onset

If you had **symptoms**

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

If you had no symptoms

You may end isolation after day 5.

If you had symptoms

You may end isolation after day 5 **if**:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10
- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask as early as day 8 rather than waiting until day 10.

For Those Who Are Exposed to Someone with COVID-19 (Quarantine)

START PRECAUTIONS IMMEDIATELY

Wear a [mask](#) as soon as you find out you were exposed
Start counting from Day 1 and mask for **10 full days**

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

CONTINUE MASKING AND TAKE PRECAUTIONS 10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

- [isolate immediately](#)
- [get tested](#)
- stay home until you know the result
- If your test result is positive, follow the [isolation recommendations](#) and email covid@gfs.org your test results

Day 6: GET TESTED

- Get tested at least 5 full days after your last exposure, even if you don't develop symptoms.

IF YOU TEST Negative

- Wear a high-quality mask when in school
- Continue taking precautions through day 10

IF YOU TEST Positive

[Isolate immediately](#)

If you are unable to consistently or properly wear a mask around others or quarantine from positive family members, you should remain at home for a full 10 days, returning to campus on Day 11.

****NOTE:** For people who are returning either from isolation (after a positive COVID-19 test) or quarantine (after exposure), the recommendation is that masks may be removed only when eating and during naptime through Day 10. Unmasked time should be minimized and physical distancing and ventilation maximized during these times.

Choosing a COVID-19 Test and the 90-Day Window

If you have already had COVID-19 within the past 90 days, see [specific testing recommendations](#) from the CDC:



I have not had COVID-19 or I have not had a positive test within the past 90 days.

You may choose NAAT or antigen tests.

If you use an antigen test and your result is negative, multiple tests may be necessary.



I tested positive for COVID-19 in the last 90 days.

My first positive test result was within:

30 days or less

I have symptoms

Use antigen tests. If negative, multiple tests may be necessary.

I do not have symptoms

Testing is not recommended to detect a new infection.

My first positive test result was within:

31-90 days

I have symptoms

Use antigen tests. If negative, multiple tests may be necessary.

I do not have symptoms

Use antigen tests. If negative, multiple tests may be necessary.

Continuing to Test Positive

Note: After a positive test result, you may continue to test positive for some time after. You may continue to test positive on antigen tests for a few weeks after your initial positive. You may continue to test positive on NAATs for up to 90 days. **Reinfections can occur within 90 days**, which can make it hard to know if a positive test indicates a new infection. We will work with the individual to be sure we make the safest decision for the individual and our GFS Community.

Communications

An email notification will be sent out to parents with the first case within the designated cohort. (Cohorts can be by class or division, depending on the situation.) The Health Center will also communicate if your child's cohort reaches "outbreak" status as determined by the Baltimore County Department of Health.