Odyssey Charter School follows the CDC guidelines regarding COVID infections and mask use after infection. More information can be obtained at their website: https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html

When to Isolate

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 when you were tested, 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
- **Day 5 is the last full day** of isolation as long as you are fever free for at least 24 hours without fever-reducing medication. If you still have fever on Day 5, continue to isolate until fever free for 24 hours without medication.

Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's Travel webpage.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

Removing Your Mask

After you have ended isolation, when you are feeling better:

- Wear your mask through day 10 while at school/work (for a full 5 days AFTER ending isolation).