



# GERMANTOWN CENTRAL SCHOOL

123 MAIN STREET  
GERMANTOWN, NY 12526

Dear Families:

**Effective today, Germantown Central School District will adopt new isolation and quarantine protocols in partnership with our county health department. This change aligns with [updated guidance](#) from the New York State Health Department on January 4, which also aligns with updated recommendations from the CDC. These changes supersede previous guidance and protocols listed in our school opening plan published in September 2021.**

Moving forward, this means any new cases will follow the updated guidance below. Please note that any cases identified prior to today will follow the previous guidance.

## **ISOLATION**

Isolate for 5 days, where day "0" is the day of symptom onset or (if asymptomatic) the day of collection of the first positive specimen.

- If asymptomatic at the end of 5 days, or if symptoms are resolving, isolation ends and the individual should wear a well-fitting mask while around others for an additional 5 days.
- Individuals who are moderately-severely immunocompromised should continue to follow standard (i.e., not shortened) [Isolation Guidance](#).
- Individuals who are unable to wear a well-fitting mask for 5 days after a 5-day isolation should also follow standard (i.e., not shortened) [Isolation Guidance](#).

## **QUARANTINE**

If exposed to COVID-19, quarantine as follows, where day "0" is the last date of exposure:

- If not fully vaccinated: **Quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days.**
- If fully vaccinated: **NO quarantine is required but these individuals should wear a well-fitting mask while around others for 10 days after the last date of exposure.**
- If possible, test at day 5 with either a nucleic acid amplification test (NAAT, e.g., PCR) or antigen test.
- ***If symptoms appear, quarantine and seek testing.*** In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the isolation guidance.



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Children ages 12 to 15 are now eligible for the Pfizer booster shots. Please visit <https://covid19vaccine.health.ny.gov/> for more information or to find a vaccine and booster site near you. You may also visit the county health department website for any location options available.

We appreciate your patience and understanding as we navigate the changing guidance impacting our schools. As always, we communicate any changes after they have been discussed with and approved by our local department of health. Thank you for your cooperation.

Sincerely,

A handwritten signature in blue ink that reads "Benjamin Bragg". The signature is fluid and cursive, written over the printed name.

Benjamin Bragg  
Superintendent of Schools  
Germantown Central School District

# ISOLATION & QUARANTINE GUIDANCE

For isolation and quarantine of the general population, follow the CDC recommendations as follows:  
[\(CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population\)](#)

## ISOLATION

### If You Test Positive for COVID-19

**Everyone, regardless of vaccination status:**

- Isolate at home for **5** days.
  - > where day "0" is the day of symptom onset or (if asymptomatic) the day of collection of the first positive specimen
- **If you have no symptoms or your symptoms are resolving\* after 5 days**, you can end isolation and return to school or work.
- You must continue to wear a mask around others for **5** additional days.
  - > Individuals who are unable to wear a well-fitting mask for **5** days after a **5-day** isolation should also follow standard (i.e., not shortened) [Isolation Guidance](#).
- Individuals who are moderately-severely immunocompromised should continue to follow standard (i.e., not shortened) [Isolation Guidance](#).
- If symptomatic and no COVID testing is completed, individuals would be required to isolate for 10 days.

## QUARANTINE

### If You Were Exposed to Someone with COVID-19

- If you:**  
Completed the primary series of Pfizer or Moderna vaccine  
OR  
Completed the primary series of J&J vaccine  
OR  
Had a lab confirmed positive COVID-19 test within the last 90 days
- Wear a mask around others for 10 days.
  - Test on day 5, if possible.
- If you develop symptoms get a test and stay home.*

- If you:**  
Are unvaccinated
- Stay home for **5** days. After that continue to wear a mask around others for **5** additional days.
  - If you can't quarantine you must wear a mask for 10 days.
  - Test on day **5** if possible.
- If you develop symptoms get a test and stay home*

**\* The individual is asymptomatic, or, if they had mild symptoms, they must meet the following to return to school or work:**

- Not have a fever for at least 24 hours without fever-reducing medication
- Not have rhinorrhea (runny nose)
- Have resolution of symptoms or, if still with residual symptoms, then all are improving
- Have no more than minimal, non-productive cough (i.e., not disruptive to school or work and does not stop the person from wearing their mask continuously, not coughing up phlegm)

*In the event the LHD issues alternative guidance, adhere to the LHD guidance for the school community. As more information becomes available about appropriate isolation and quarantine durations with the Omicron variant, and as formal CDC guidance becomes available, NYSDOH will evaluate and update State guidance accordingly.*

SOURCES: • [https://apps.health.ny.gov/pub/ctr/docs/alertview/postings/NYS\\_Updated\\_Isolation\\_and\\_Quarantine\\_Guidance\\_01042022\\_1641333320555\\_0.pdf](https://apps.health.ny.gov/pub/ctr/docs/alertview/postings/NYS_Updated_Isolation_and_Quarantine_Guidance_01042022_1641333320555_0.pdf)  
• <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>