



1/3/2022

Based on updated quarantine guidance from the [CDC](#), Heritage Academy has shortened the recommended isolation time for some individuals who test positive for COVID-19 and meet a defined criteria. The new CDC COVID-19 guidelines, regardless of vaccination status are as follows:

- **POSITIVE test result and exhibiting mild or having no COVID-19 symptoms (and without a fever for 24 hours)**
  - Stay home for 5 days.
  - Heritage Academy strongly recommends that individuals follow the 5 days of isolation by wearing a mask on campus to minimize exposure to others.
  - **For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.**
  
- **POSITIVE test result and exhibiting COVID-19 symptoms**
  - Students and staff who test positive for COVID-19 and are exhibiting COVID-19 symptoms should continue to isolate themselves for 10 days from the date of the first symptom.

Possible COVID-19 Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Campuses are encouraged to use their rapid test kits to test any staff and students (with signed consent forms) who are exhibiting COVID-19 symptoms or who have been exposed to a person with a documented positive test result. If the staff or student receives a positive test result, then the person isolates based on the criteria outlined above.

Campuses will continue to follow the guidance from the TEA and will not close contact trace or quarantine healthy persons based on the assumption of exposure.