**Isolation Guidance Letter to Parents and Guardians of Students with COVID-19**

[Date]

Dear Parent or Guardian:

[Insert School Name] considers the health and well-being of our students and staff a priority. With that in mind, we are sending this letter home to provide you and your child who has either been diagnosed with COVID-19 or is suspected to have COVID-19 with information on how to [isolate](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-isolation.html), how to continue classwork during isolation, if possible, and when to safely return to school.

Because your child is either experiencing COVID-19 symptoms or has tested positive for COVID-19 (regardless of symptoms), we recommend they follow the Centers for Disease Control and Prevention (CDC) guidance:

* Stay home from school and other settings, including all extracurricular activities, and isolate for at least 5 full days. To calculate your child’s 5-day isolation period, day 0 is your child’s first day of symptoms or the date the positive viral test was collected (for people with no COVID-19 symptoms). Day 1 is the first full day after your child’s symptoms developed or the first full day after the date they were tested for people with no symptoms of COVID-19.
* It is important for your child to remain in isolation and separated from other people as much as possible, even if they do not have symptoms. They should not attend in-person school or other extracurricular or social activities while they are in isolation. They should not participate in activities like sporting events, play dates, parties, social and family gatherings, music or theater performances, and other events where they might come into contact with other people. To prevent other people from possibly getting COVID-19, make every effort to limit contact between your child and other people, including other household members, during the isolation period. Even if your child is properly wearing a well-fitting mask, contact with other people should be limited.
* If your child has or had symptoms, you can end their isolation after 5 full days if they are fever-free for 24 hours without the use of fever-reducing medication AND their other symptoms have improved (loss of taste and smell can persist for weeks or months after recovery and need not delay the end of isolation).
  + If your child still has a fever or their other symptoms have not improved after 5 days of isolation, keep your child in isolation until they are fever-free for 24 hours without the use of fever-reducing medication and their other symptoms have improved. Contact your healthcare provider if you have questions.
* If your child never had symptoms, you can end their isolation 5 full days after the positive viral test was collected.
* Your child should continue to correctly and consistently wear a [well-fitting mask](https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html) around others at home and in public for 5 additional days (day 6 through day 10) after the end of their 5-day isolation period. If they are unable to wear a mask when around others, they should continue to isolate for a full 10 days.
* Avoid coming into contact with people who are [immunocompromised or at high risk for severe disease](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html), and nursing homes and other high-risk settings, until after at least 10 days.
* CDC continues to recommend indoor masking in K-12 schools for all people ages 2 years and older, including students, teachers, staff, and visitors, regardless of vaccination status.
* If your child is young and needs regular assistance from an adult, consider designating one person in the household to be the primary caregiver during this time, and ensure the caregiver correctly and consistently wears a mask as well.
* Monitor your child’s [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). If they develop an emergency warning sign, seek emergency medical care immediately. Emergency warning signs include trouble breathing; persistent pain or pressure in the chest; new confusion; the inability to wake up or stay awake; and pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone).
* Your child should avoid contact with other members of the household and pets by staying in a separate room and using a separate bathroom, if possible.
* Your child should avoid sharing personal household items, like cups, towels, and utensils.
* Your child should properly wear a well-fitting mask when around other people, including others within their household. If your child requires a caregiver, please consult CDC’s advice on [caring for someone sick](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html) to protect the caregiver and others.

People who are severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with [compromised immune systems](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html) might need to isolate at home longer. Consult with a healthcare provider for their recommendations. In addition, we encourage you to visit [insert hyperlink to local public health department or other appropriate links] for additional information about COVID-19 in our community. CDC’s website also provides information about COVID-19, including an [overview of isolation](https://wwwdev.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-isolation.html) in the K-12 school setting**.**

We are happy to welcome your student back to in-person learning at the end of the isolation period. In the meantime, [insert name of teacher or school administrator] will reach out to you with additional information on how your student can continue learning and instruction during the isolation period.

We encourage you to contact us with questions and concerns. Please call us at [NUMBER], email us at [EMAIL], or visit our website [INSERT DETAILS HERE] for updates.

Please be assured that we are committed to facilitating an optimal learning experience for our students and are here to support you during this time.

Sincerely,

[NAME, TITLE, and CONTACT INFORMATION AT SCHOOL]