

Tucson Unified Staff and K-12 Student COVID-19 Release from Isolation & Quarantine Flow Chart

Person has **TESTED POSITIVE**
for **COVID-19** (*vaccinated and unvaccinated*)

SYMPTOMS

ISOLATE for at
least **5 DAYS** after
symptoms begin

REMAIN AT HOME UNTIL:

- **SYMPTOMS HAVE IMPROVED; AND**
- **NO FEVER** for the last 24 hours, without the use of fever-reducing medication; AND
- **WEAR A MASK** around others for all 10 days from symptoms beginning/positive test
- Return to work/school on **DAY 6** if above is met

NO SYMPTOMS

ISOLATE for at
least **5 DAYS** after
positive test

Person has been **EXPOSED** to someone who
TESTED POSITIVE for **COVID-19**

**UP-TO-DATE* ON
VACCINATION OR
HAD COVID-19 IN THE
LAST 90 DAYS**

NO QUARANTINE

- Return to work/school
 - **WEAR A MASK** around others for 10 days
 - **GET TESTED** on day 5, if possible
- If you develop symptoms, get tested, stay home & follow isolation guidance.*

NOT UP-TO-DATE ON
VACCINATION**

QUARANTINE

- **STAY HOME** for at least 5 days after last exposure
 - **WEAR A MASK** around others for 10 days after last exposure
 - **GET TESTED** on day 5, if possible
 - Return to work/school on **DAY 6** if no symptoms or negative test
- If you develop symptoms, get tested & follow isolation guidance.*

Note: Information applies to general public and does NOT apply to special populations such as severely ill, immunocompromised, those living in congregate settings or healthcare workers. Please refer to ADHS's full [Release from Isolation & Quarantine Guidance](#) for special populations.

DEFINITIONS

Isolation: Separates sick people with a contagious disease from people who are not sick. The day your symptoms begin (or test positive if not symptomatic) is considered 'day 0'. Isolation begins on day 1.

Quarantine: Separates & restricts the movement of people exposed to a contagious disease. The last day you have contact with someone with COVID-19 (last exposure) is considered 'day 0'. Quarantine begins on day 1.

Up-to-date*: Individuals 18 or older with all recommended COVID-19 vaccines including boosters (some additional primary vaccines may be required for some immunocompromised individuals); OR Ages 5-17 with the COVID-19 primary series completed.

NOT up-to-date:** Primary series not completed; not vaccinated; OR 18 and older, but NOT boosted when eligible.