

CAMBRIDGE PUBLIC SCHOOLS  
**COVID 19**  
Testing & Quarantine  
**Protocols**  
for students and staff

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Updated 6/2/22 | Subject to Changes

# SYMPTOMS

## *If you have these symptoms:*

- Stay home
- Get tested (at home or at a community site)
- Return to school / work based on protocols on page 3.

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)

## *When in combination with other symptoms:*

- Sore throat
- Nausea, vomiting
- Headache
- Fatigue
- Nasal congestion or runny nose (not due to other known causes, such as allergies)

## *Recently vaccinated?*

If you have been vaccinated within the last 48 hours, you may experience these symptoms but still come to school/work.

- Temperature below 100.0°F
- Headache
- Fatigue
- Chills
- Body aches

Stay home if these symptoms continue after 48 hours after vaccine and see your doctor.

# Vaccination Status: “Fully Vaccinated” vs. “Up-to-Date”

CPS and CPHD follow the [CDC definitions](#) of “fully vaccinated” and “up-to-date.”

Age	Vaccine	Fully Vaccinated	Time since 2nd dose	Up-to-date Booster requirements*
5 - 17	Pfizer	2 weeks after 2nd dose	Less than 5 months	N/A - Not yet eligible for booster
			More than 5 months	Received 1 booster: <b>Up-to-date</b> Did not receive booster: <b>Not up-to-date</b>
18+	Moderna or Pfizer	2 weeks after 2nd dose	Less than 5 months	N/A - Not yet eligible for booster
			More than 5 months	Received 1 booster of either Moderna or Pfizer: <b>Up-to-date</b> Did not receive booster: <b>Not up-to-date</b>
	J&J	2 weeks after 1st dose	Less than 2 months	N/A - Not yet eligible for booster
			More than 2 months	Received 1 booster of either Moderna or Pfizer: <b>Up-to-date</b> Did not receive booster: <b>Not up-to-date</b>

\*The [CDC](#) notes that individuals who have recently had COVID-19 may consider delaying their booster dose by 3 months from when your symptoms started or when you received a positive test.

# Isolation & Quarantine Protocols

<b>NO SYMPTOMS</b> + close contact of positive case		→	Attend <b>school</b> . No quarantine required. <b>Recommended:</b> Test on Days 2 & 5. Mask until Day 10.
<b>NO SYMPTOMS</b>	<b>Positive Test</b>	→	<b>Return to school if:</b> <ol style="list-style-type: none"> <li>1) <b>If Able to Mask:</b> Return on Day 6, wear mask through Day 10</li> <li>2) <b>If No Mask + Test:</b> Negative Test on Day 5 or Later. Return on Day 6 or later</li> <li>3) <b>If No Mask + No Test:</b> Return on Day 11</li> </ol>
<b>SYMPTOMS</b>	<b>Positive Test</b>	→	
<b>SYMPTOMS at school</b>	<b>Test at school. Positive result.</b>	→	
<b>SYMPTOMS at school</b>	<b>Test at school. Negative result.</b>	→	<b>Stay at school if well enough.</b> No quarantine required. <b>Recommended:</b> Mask until symptoms are fully resolved
<b>SYMPTOMS at school</b>	<b>Cannot be tested at school</b>	→	<b>Return to school if:</b> <ol style="list-style-type: none"> <li>1) Negative test <i>OR</i></li> <li>2) Symptoms resolved and fever-free without medication for 24 hours <i>OR</i></li> <li>3) Medical professional provided alternative diagnosis</li> </ol>

# Timeline for Positive Cases (Symptomatic & Asymptomatic)

Day "O"	Day 1-5	Day 6		Day 11
<p>Day "o" is the day you became symptomatic or the date of your positive test, whichever is first.</p> <p>The nurse will make this determination.</p>	<p>Isolate for 5 consecutive days.</p>	<p><b>You Can Return to Work or School</b></p> <p><i>if you are fever-free for at least 24 hours (without the use of fever-reducing medication) and all symptoms have resolved</i></p>		
		<p><b>If Able to Mask:</b> <i>Return on Day 6, wear mask through Day 10</i></p>	<p><b>If Not Able to Mask and Will Test:</b> <i>Receive a negative test on Day 5 or later, return on Day 6</i></p>	<p><b>If Not Able to Mask and Will Not Test:</b> <i>Return on Day 11</i></p>
Monday		Sunday*		The following Friday
Tuesday		Monday		The following Saturday*
Wednesday		Tuesday		The following Sunday*
Thursday		Wednesday		The following Monday
Friday		Thursday		The following Tuesday
Saturday		Friday		The following Wednesday
Sunday		Saturday*		The following Thursday
<p><i>*If your return date is a weekend or holiday, return on the next day school is open.</i></p>				

# TESTING

**With a signed consent form**, students can participate in 3 types of COVID testing:

- **At-school:** Symptomatic testing for students who show symptoms during the day
- **At-school:** Weekly pooled testing to detect asymptomatic cases
- **At-home:** Rapid test to detect asymptomatic cases (**separate opt-in form**)

Complete all forms in CPS Family Portal: [https://secure1.cpsd.us/family\\_portal](https://secure1.cpsd.us/family_portal)

## Weekly Testing

Students and staff have access to two weekly COVID tests

Monday	<b>Once at School (pooled*)</b>
Tuesday	
Wednesday	
Thursday	
Friday	<b>Once at Home (rapid test)</b>

## At-Home Rapid Test

- ANY student or staff member can participate in the new at-home rapid testing program **regardless of vaccination status.**
- Participating students receive a kit every 2 weeks; each kit contains 2 tests and instructions for using the self-test.

## Reporting Positive Results

**Reporting a positive test result is critical in continuing to keep our schools safe.**

- **Students:** Contact your child's school to report an absence.
- **Staff:** Contact your supervisor to report an absence.

\*The last day of pooled testing for the 2021-22 School Year will be June 22. Following the 22nd, rapid tests will be used for any reflex or symptomatic testing.

# Travel

## Recommendation

### Within the United States

We recommend you get tested prior to travel & 3-5 days after return.

Monitor symptoms.

### Internationally

Follow CDC guidelines for international travel.

We recommend unvaccinated individuals quarantine for 5 days on return to MA, and that all travelers get tested 3-5 days after return to MA.