

## *Isolation & Quarantine Guidelines*

North Scottsdale Pediatrics supports the new CDC recommendation to change the 10-day isolation period to 5 days of isolation followed by 5 days of wearing a mask under certain circumstances. This is an ever-changing situation, so continue to check back for changes and updates.

Here are the current recommendations:

### **If you test positive for COVID...**

*Completely asymptomatic (no symptoms)*

1. Isolate at home for 5 days (starting from the positive test date)
2. If continues with no symptoms after 5 days, may leave home wearing a well fit mask for another 5 days
3. If develop symptoms, see other section

*Any symptom of illness (congestion, cough, sore throat, fever, headache, diarrhea, etc.)*

1. Isolate at home for 10 days starting from the first day of your symptoms

### **If close exposure to COVID...**

*Fully vaccinated/boosted with most recent vaccine within the last 6 months:*

1. Wear a mask around others for 10 days
2. Test on day #5 - if positive, see above
3. If develop symptoms at any point, stay home and get a test

*Not fully vaccinated or most recent vaccine was more than 6 months ago:*

1. Stay home for 5 days
2. Test on day #5 - if positive, see above
3. If negative, then may leave home wearing a well fit mask around others for another 5 days
4. If develop symptoms at any point, stay home and get a test

### **FAQ:**

1. What if my child won't wear a mask reliably or is too young to wear a mask?
  - We recommend that if unable to wear a mask for any reason, you continue to isolate at home for the full 10 days
2. What type of testing is done at day #5?
  - PCR testing continues to be the best test for COVID with the highest sensitivity. It is the preferred test if available. This test currently takes about 24 hours for results.
  - Rapid same day antigen tests are a good screen especially if fully vaccinated/boosted and lower risk of infection, although negative results are not as reliable.

### 3. What is a “well fit” mask?

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

## How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are specially labeled “surgical” N95 respirators, as those should be prioritized for healthcare personnel</p>
 <p>Have a nose wire to prevent air from leaking out of the top of the mask</p>	

## Special Considerations

Gaiters & face shields	
 <p>Wear a gaiter with two layers, or fold it to make two layers</p>	 <p>Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.</p>

Children		
 <p>Find a mask that is made for children to help ensure proper fit</p>	 <p>Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides</p>	 <p>Do NOT put a mask on children younger than 2 years old</p>