

# Omicron Overview

- More infectious
- Less severe
- Incubation period is shorter
  - Someone with new Omicron infection might be contagious as early as 1- 2 days after exposure.
  - They are infectious for a shorter period of time
  - People are infected and become contagious much faster - but this period ends quickly. This is why isolation and quarantine end more quickly
- Standard health measures are key
  - Vaccination and boosters, wearing high-quality masks, staying home when sick, getting tested if you have any symptoms, may be a close contact, or have taken part in activities that could put you at risk, such as large gatherings or travel, washing your hands regularly, getting your flu shot

# Isolation for if you test positive

## IF YOU HAVE A POSITIVE TEST (PCR, LAMP, OR ANTIGEN)

**This guidance is for people who are vaccinated, boosted or unvaccinated.**

- Stay home and [isolate](#) for 5 days.
- You can leave your home after day 5 if:
  - you have two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4\*
  - AND you never had symptoms, or your symptoms have improved and you feel better
  - AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers
  - AND you [wear a mask](#) around others through day 10.
- [Notify your close contacts](#) that you have tested positive.

\*Testing is strongly recommended. If you are unable to get a test and you meet all other requirements you can end isolation after 5 days.

**Children under 2 years old can leave isolation after day 5 if they have no symptoms.**

# Quarantine if you are a close contact

## IF YOU:

- Had your booster shot
- OR**
- Completed your Pfizer or Moderna vaccine series within the last 5 months
- OR**
- Completed your Johnson & Johnson vaccine within the last 2 months
- OR**
- Are 5-17 years old or are enrolled in a K-12 school and have completed your Pfizer vaccine series

## THEN DO THE FOLLOWING:

- [Wear a mask](#) around other people for 10 days. You do not need to [quarantine](#).
- A test on day 5 is recommended. If you test positive, follow the steps in [What to do if you test positive for COVID-19](#).
- If you develop symptoms at any time, get a test and stay home and away from others until you get your test results.

**Children under 2 years old** in quarantine can take a PCR test on Day 5. They can leave quarantine once they have negative results.

**If you had a confirmed case of COVID-19 within the last 90 days** and are now a close contact, wear a mask around other people for the next 10 days. You do not need to quarantine as long as you do not have any symptoms. If you get any symptoms, follow the guidance above and get tested.

## IF YOU:

- Are not vaccinated
- OR**
- Completed your Pfizer or Moderna vaccine series more than 5 months ago and have not had a booster shot
- OR**
- Completed your Johnson & Johnson vaccine series more than 2 months ago and have not had a booster shot

## THEN DO THE FOLLOWING:

- Stay home and [quarantine](#).
- You can leave your home on day 5 if:
  - you have no symptoms
  - AND you [wear a mask](#) around others through day 10.
  - AND, when possible, it is recommended that you have one negative PCR or LAMP test on or after day 5 or two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4
- If you test positive, follow [What to do if you test positive for COVID-19](#) guidance
- If you develop symptoms at any time, get a test and isolate from others until you receive your test results.

# Test for Tots

## Program Goals

- keep kids 2-5 in their program by TTS
- keep staff working so programs don't have to close

Voluntary for both providers and families

Can't meet everyone's needs

## General process

- Contact tracing
  - Everyone participating will get tests for up to 5 days since exposure
  - Everyone participating tests PRIOR to arriving at childcare
    - Ask about test results but cannot require it
  - Wear masks indoors except when eating or napping
  - Quarantine outside of program