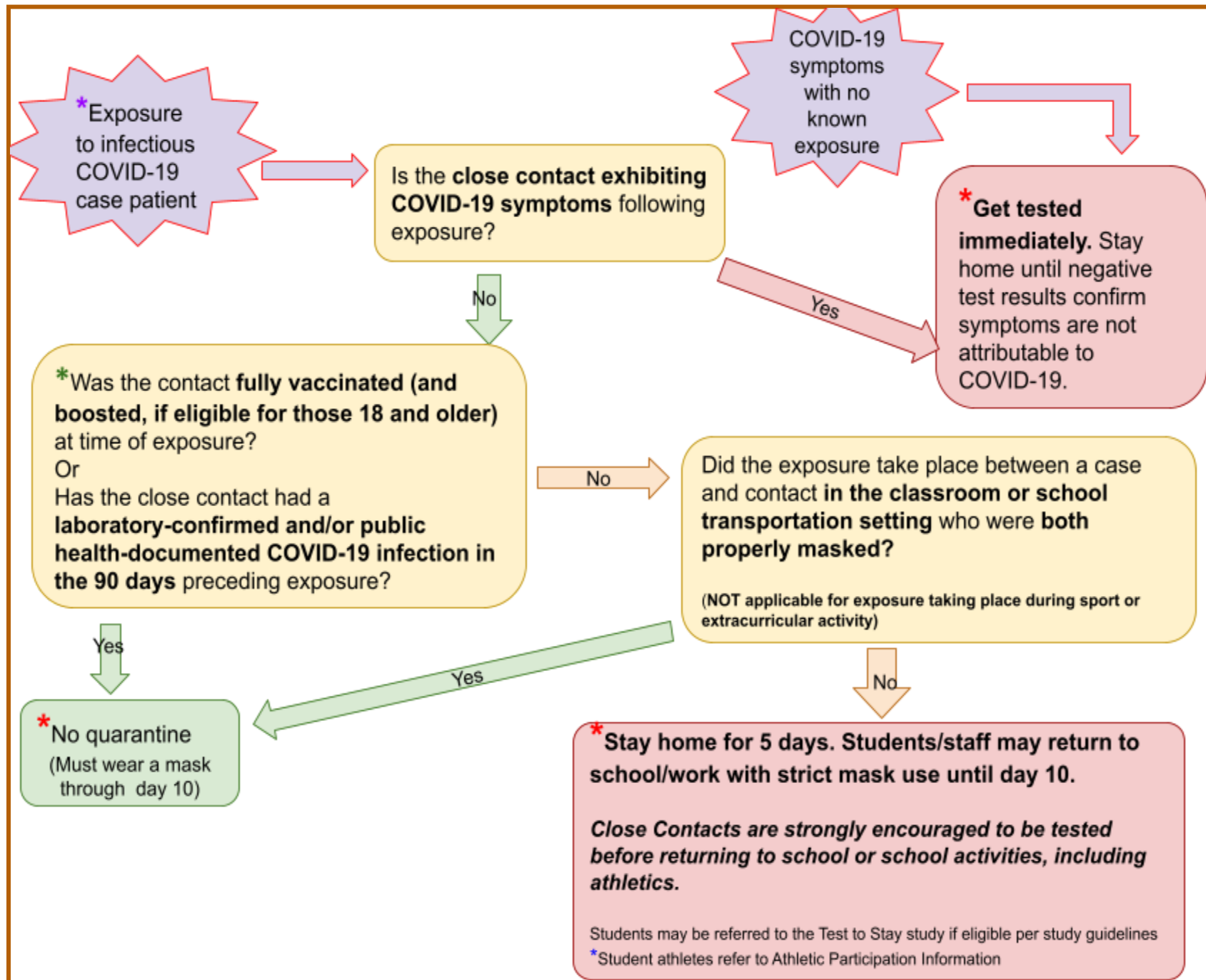


Per state law, AppHealthCare staff, under the direction of the Health Director, make final determination of quarantine for individuals exposed to COVID-19 or isolation for individuals who test positive for COVID-19.



## \* Athletic Participation

- Any student may return to athletic participation after completing the required quarantine or isolation. If mask wearing is required to return to school, mask wearing must be strictly adhered to during athletic participation for the specified period of time.
- If returning to school and athletics (no earlier than day 6), the student must agree to properly wear a mask consistently through day 10. Anyone who cannot comply with this requirement should complete quarantine through day 10 and return to sports no earlier than day 11\*\*
- Any student or staff member exhibiting symptoms should be tested immediately and excluded from sports participation until a negative test result confirms symptoms are unrelated to COVID-19, following the guidance prescribed by the NC DHHS Strong Schools Toolkit, even if there is no known exposure. In addition, any requirements for the Test to Stay participation should be followed per the programs guidelines.

***PLEASE NOTE: AppHealthCare supports the Test-to-Stay study and encourages participation within the study guidelines that are not fully reflected in this flowchart.***

\* Exposure refers to the most recent exposure. For instances of ongoing exposure (close contacts who live in the same home as the case), the most recent date of exposure would be the case's last day in isolation. For more information related to quarantine and how to manage ongoing exposure, visit:  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#quarantine>

\* Any individual exposed to COVID should continue active monitoring of symptoms for a full 10 days whether or not they are in active quarantine. If you develop any symptoms related to COVID-19, get tested immediately.

\* A person is fully vaccinated when at least 2 weeks has passed from the administration date of their final dose of vaccine and immediately following a booster dose for those eligible.

Due to the new Omicron variant of COVID-19, positive antibody tests will no longer be considered in decisions surrounding quarantine and isolation. Persons exposed should follow the outline NC DHHS Strong Schools Toolkit guideline for exposure.

\*\* If a student/staff member is not wearing a mask from days 6-10 following exposure, they will be asked to finish the remainder of quarantine at home.

**For more information on COVID-19 in school settings, please visit:**  
<https://covid19.ncdhhs.gov/strong-schools-nc-public-health-toolkit>