



ONEIDA COUNTY HEALTH DEPARTMENT

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"PROMOTING & PROTECTING THE HEALTH OF ONEIDA COUNTY"

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News Release

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For Immediate Release

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COVID-19 Guidelines Updated as Students Head Back to School *CDC & NYS DOH Ease Some Restrictions*

The Centers for Disease Control and Prevention and the New York State Department of Health have updated recommendations for individuals exposed to COVID-19 who are unvaccinated and to procedures that should be followed in the upcoming school year.

According to the Centers for Disease Control and Prevention (CDC), unvaccinated exposed individuals are no longer required to quarantine after a COVID-19 exposure. After an exposure, masking around others, testing and self-monitoring for symptoms are all advised.

Any person who is exposed to COVID-19 should wear a mask when in public or around others for 10 days following the exposure. CDC recommends testing on day five or if symptoms develop. If any person is experiencing symptoms of COVID-19, that person should isolate immediately and test. If the test is negative, the person no longer needs to isolate. If the test is positive, the person should isolate for at least five days.

Isolation guidelines remain unchanged. Those testing positive, must isolate for five days. Release of isolation happens when the ill person is no longer experiencing a fever in the past 24 hours and symptoms are improving. Immunocompromised persons or those who have severe illness from the COVID-19 infection, may consider isolating through 10 days and should consult their medical provider.

New York State Department of Health (NYSDOH) has recommended all New Yorkers follow the guidelines issued by the CDC. The Oneida County Health Department will follow the guidance as well.

NYSDOH is also encouraging schools to follow CDC's Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html>).

Updates to those recommendations include:

- Elimination of the test-to-stay policy.
- Recommendation of screen testing for high-risk activities or during an outbreak.
- Removal of the recommendation to pod/cohort.
- Removal of the recommendation to quarantine, except in high-risk congregate settings.
- Elimination of the requirement to report COVID19 cases to report card.

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“COVID-19 is here to stay,” said Daniel W. Gilmore, PH.D., MPH, Director of Health. “Everyone needs to know the risks and understand how to protect themselves and others around them. There are many tools now available including vaccination and treatments. Everyone should remember to do the things to help protect us from illness. Stay home if you are sick, wash your hands and stay up to date with vaccinations.”

For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/> or contact the Oneida County Health Department at 315-798-6400.

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