

Archived Issues Available at MontebelloTeachers.org

Isolate AT LEAST 5-10 DAYS AT HOME If You Are COVID-19 Positive

Stay Home for at least 5 days.

- Isolation can end after day 5 **if**
 - symptoms or symptoms are resolving and
 - a test collected on day 5 or later is negative. (Antigen test preferred)
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

If You Had A Close Contact, Quarantine Rules Vary

Boosted Not Yet Boosted, But Vaccinated

NO QUARANTINE

- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings.
- If symptoms develop, test and stay home.



Not Boosted, But Eligible and Vaccinated

IT DEPENDS

Workplace Setting Only

In a workplace setting, asymptomatic employees in this category are not required to stay home from work **if**:

- A negative diagnostic test is obtained within 3-5 days after last exposure to a positive case and
- Employee wears a well-fitting mask around others for a total of 10 days and
- Employee continues to have no symptoms.

Unvaccinated, Includes Prior COVID Infection

YES QUARANTINE, 5-10 Days

- Stay Home for at least 5 days, after your last contact with a person who has COVID-19. Test on Day 5.
- Quarantine can end after day 5 if symptoms are not present and a test collected on day 5 or later is negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- If symptoms develop, test and stay home.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx> <https://www.dir.ca.gov/DIRNews/2022/2022-03.html>

The California Department of Health now allows for a group-tracing approach to students exposed to COVID-19 in a K-12 Setting. For more information go to:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Group-Tracing-Approach-to-Students-Exposed-to-COVID-19.aspx>



Supreme Court Justice Ruth Bader Ginsburg
convenes a gathering of remarkable women in...

Brave, Resilient Women and Their Contributions to The Fabric of America

An original Readers' Theater Production

Presented by AAUW Alhambra-San Gabriel
Church of Our Savior Hall, San Gabriel California
March 19, 2022

Produced and directed by
Betty Morin

Writers:
Joe DesBarres, Kathleen Doty, Jackie Fisher, Marian Hallin
Betty Morin, Donna Tucker, and Elena Velarde

DesBarres
Doty
Hallin
Morin
Tucker
Velarde

Physician	Writer and Environmentalist
Astronaut	Civil Rights Activist
Who Are They?	
Teacher Rights Advocate	Farmworker Activist: Advocate for Women and Working Poor
Renaissance Woman	Physicist
Founder, Girls Scouts	