



COVID-19 Protocols for Maranatha Christian Academy

(Updated according to CDC Guidelines as of August 12, 2022)

COVID-19 | Isolation Guide

Calculating Isolation

Day 0 is your first day of symptoms or the day the test specimen was collected resulting in a positive test. Day 1 is the first full day after symptoms developed or the first full day after the test specimen was collected resulting in a positive test.

If you **test positive for COVID-19** or have symptoms.

Option A:

Stay home and away from others living in the house (isolate) for 5 days. After isolation, if symptoms have improved (including no fever for 24 hours without medications), isolation can end.

Upon returning to MCA, the individual will wear a well-fitted mask for the next 5 consecutive days.

If the individual tests on day 6 & 8 and results are negative, he or she can stop wearing a mask.

If symptoms/fever have not improved, continue isolation through day 10 or recovered.

Masking:

MCA follows a mask-optional policy.

Thus, we invite families, faculty, and staff to choose between Option A with a shorter isolation and mask-wearing period and Option B, MCA's original isolation policy.

Option B:

Stay home and away from others living in the house (isolate) for 10 days. After isolation, if symptoms have improved (including no fever for 24 hours without medications), isolation can end.

If symptoms/fever have not improved, continue isolation until recovered.

Upon returning to MCA, the individual will not need to wear a mask.

COVID-19 | Quarantine Guide

Calculating Quarantine

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.

If you **were exposed to COVID-19** (including household contact)

For ALL individuals exposed to COVID-19:

Individuals do not need to quarantine unless symptoms develop.

It is recommended that:

- On day 5, the individual gets a COVID-19 test.
- It is recommended that individuals exposed to COVID-19 wear a mask for 10 days after exposure.
- *If symptoms develop, isolate and get tested (see above protocols).*