

Quarantine Timeframes

Quarantine is required for the timeframes listed below. Please note, the length of quarantine below includes the last day an individual should be excluded, i.e., an individual must quarantine for the full ten days and will be eligible to return on day eleven, as long as they are asymptomatic

Length of Quarantine	Is testing required?	Who should use this option?
14 days	No	People who have regular close contact with high-risk individuals
10 days	No	This quarantine period is appropriate for most people who do not have contact with high-risk individuals. The Office of Catholic Schools of Colorado Springs will use this option for school transmissions
7 days	Yes	People who do not have contact with high-risk individuals and have a negative test collected 48 hours before the quarantine is discontinued (on day 5 or later). The Office of Catholic Schools of Colorado Springs will consider this option on a case-by-case basis