

Email to All Staff and Families 1/7/2022

Dear PCPS Staff and Families,

On December 27, 2021, the Centers for Disease Control and Prevention (CDC) released updated recommendations for isolation and quarantine for the general public. Poquoson City Public Schools (PCPS) has and will continue to follow recommendations from the Centers for Disease Control and Prevention (CDC) and the Virginia Department of Health (VDH).

Effective immediately, PCPS will implement the following updated CDC recommendations:

- Individuals who **test positive for COVID-19**, regardless of vaccination status, should isolate and stay home for 5 days. If you have no symptoms or your symptoms are resolving after 5 days (fever free for 24 hours without the use of Motrin or Tylenol), you can leave your house (and return to school) but should continue wearing a mask and maintain social distancing around others for an additional 5 days. If you have a fever after 5 days, continue to stay home until your fever resolves.
- Individuals who **are directly exposed to someone with COVID-19** should refer to the following guidance:
 - **If you:**
 - Have received a booster shot OR
 - Completed the primary series (2 doses) of the Pfizer or Moderna vaccine within the last 6 months OR
 - Completed the primary series (1 dose) of the J&J vaccine within the last 2 months
 - You should:
 - Wear a mask around others for 10 days
 - Get tested on day 5
 - **If you:**
 - Are unvaccinated OR
 - Have completed the primary series (2 doses) of the Pfizer or Moderna vaccine over 6 months ago and have not received a booster OR
 - Have completed the primary series (1 dose) of the J&J vaccine over 2 months ago and have not received a booster
 - You should:
 - Stay home for 5 days and after that continue to wear a mask around others for 5 additional days
 - Get tested on day 5

*At any point, if you develop symptoms, you should get tested and stay home.

All staff and students who are currently in quarantine, that have notified PCPS, will be contacted by a staff member prior to Monday, January 10, 2022 with updated return to school or work dates based on the new recommendations.

As a reminder, a COVID-19 vaccine clinic will be held at Poquoson High School today, January 7 from 3:00pm - 6:00pm. Williamsburg Drug Co will be offering all three COVID vaccines and boosters, including the 5 - 11 age group. Please see the attached flyer for details, including the link to register for the clinic.

Click on the link below for the full CDC article:

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

For questions, please contact Emily Forbes at 757-868-3050 extension 2147 or emily.forbes@poquoson.k12.va.us.