

Changes in COVID 19 Quarantine Procedures

There has been a larger change in the procedures and protocols for students and staff members who are quarantined because of being exposed to COVID 19. This due to a change in recommendations by the Center for Disease Control and the Iowa Department of Public Health and is effective as of **December 2, 2020**. Please note the following:

Previous Quarantine Procedure	New Quarantine Procedure
<p>What is the definition of direct exposure?</p> <p>Direct exposure occurs when an individual has been within 6 feet of an individual who has COVID 19 for 15 minutes or more.</p>	<p>This definition <u>has not</u> changed.</p>
<p>What do I do if a member of my household is symptomatic and is being <u>tested for COVID 19</u>?</p> <p>Family units and other household members are to isolate while waiting for COVID 19 test results to be returned. This means the individual testing and the members of their household should not go to work or school. Employees should contact their immediate supervisor, and parents should contact the school nurse to notify them of the concern.</p>	<p>This procedure <u>has not</u> changed.</p>
<p>How long is an individual quarantined if they <u>test positive for COVID 19</u>?</p> <p>The individual will be quarantined for 10 days from onset of symptoms OR 10 days from the date of testing if they are asymptomatic.</p>	<p>This procedure <u>has not</u> changed.</p>
<p>How long will an individual be required to quarantine if they are directly exposed to COVID 19?</p> <p>The individual will be quarantined for <u>14 days</u> from the last date of exposure to COVID 19.</p> <p>If someone has additional exposure to COVID 19 while they are quarantined, the quarantine period is extended based on the <u>last date of exposure to the virus</u>. This means some people are quarantined for <u>longer periods of time</u> because they are <u>unable to isolate themselves</u> from others who have COVID 19.</p>	<p>This procedure <u>has</u> changed.</p> <p>The individual will be quarantined for <u>10 days</u> from the last date of exposure to COVID 19.</p> <p>If the individual becomes <u>symptomatic</u> while they are quarantined, they should continue to quarantine for <u>10 days</u> and be tested for COVID 19.</p> <p>If someone has additional exposure to COVID 19 while they are quarantined, the quarantine period is extended based on the <u>last date of exposure to the virus</u>. This means some people are quarantined for <u>longer periods of time</u> because they are <u>unable to isolate themselves</u> from others who have COVID 19.</p>
<p>Can an individual who has been quarantined due to direct exposure return to school with <u>negative COVID 19 test results</u>?</p>	<p>This procedure <u>has</u> changed.</p>

<p>No. If an individual has been quarantined due to direct exposure, they may not return to school until they have completed their full quarantined time.</p>	<p>Yes. An individual who has been quarantined due to direct exposure may return to school <u>after 7 full days</u> of quarantine with a negative COVID 19 test if they meet all of the following criteria.</p> <p>The individual needs to:</p> <ul style="list-style-type: none"> • Avoid additional direct exposure by remaining isolated from others that have COVID 19 • Remain symptom free • Wait at least 5 days prior to testing for COVID 19 • Test negative for COVID 19 • Provide documentation of the negative test results to the school
<p>What happens if someone has symptoms of COVID 19 but refuses to take COVID 19 test?</p> <p>The individual will be considered as if they are positive for COVID 19 and required to quarantine for 10 days unless they can provide medical documentation of an alternate diagnosis.</p>	<p>This procedure has not changed.</p>

Please contact the school nurse (*Linda Laughlin laughlinl@shencsd.com or Kristy O'Rourke orourkek@shencsd.com*) if your student is currently quarantined and you have questions about how this change affects them.