



# Swallow School District Quarantine Plan Sign Off Per School Board Action December 17, 2020

At the Swallow School Board meeting on December 17, 2020, action was taken to implement the following alternative quarantine options for asymptomatic close contacts, which are among the options provided by the Waukesha County Public Health Department, the Wisconsin Department of Health Services (DHS) and the Centers for Disease Control and Prevention (CDC) released in December 2020.

Research shows that people who remain asymptomatic ten days after COVID-19 exposure are at a lower risk of transmitting it to others. While these asymptomatic people may be able to safely end quarantine earlier than the previous recommendation, they could still develop symptoms or transmit the virus to others. It may take up to two weeks to develop COVID-19 symptoms, so any quarantine shorter than 14 days carries a possibility of spreading the virus.

## Quarantine Basics

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to monitor whether they become sick. Quarantine is intended to reduce the risk of an infected person transmitting infection to others unknowingly.

### Who needs to Quarantine?

Close contacts of someone who tested positive for COVID-19. Close contact means any of the following regardless of mask use:

- Direct physical contact with the person
- Within 6 feet of the person for more than 15 cumulative minutes in a 24 hour period
- Possibility of contact with respiratory secretions (coughs or sneezes)
- Lives with the positive individual, or stayed overnight for at least one night in a household with shared living spaces

### Who does NOT need to Quarantine?

- Close contacts of a close contact.
- People who tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days if they do not develop symptoms provided their result was either:
  - A positive PCR (Molecular) test OR
  - A positive Antigen test AND they had symptoms at the time of the test.
    - § People who develop symptoms within 3 months of their first bout of COVID-19 may need to be tested if there is no other cause identified for their symptoms.

## 14-Day Quarantine Remains the Best Option

- **A 14-day quarantine is the best option to ensure that a person exposed to COVID-19 does not transmit it into the community, even for people with no COVID-19 symptoms.**
- It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms.
- Although asymptomatic individuals are at a lower risk of spreading COVID-19 after the tenth day of exposure, the risk of transmission still exists.

## Swallow School District New Guidelines for Asymptomatic People in Quarantine

**Only people who do not AND HAVE NOT HAD any COVID-19 symptoms during their quarantine are eligible to shorten their quarantine.** Anyone who develops symptoms should immediately self-isolate and contact their healthcare provider for evaluation and to seek testing.

## Option to Shorten Quarantine to 10 Days, with a Return to Swallow on Day 11

### Asymptomatic individuals who do not get a COVID-19 test should:

- Self-quarantine for 10 full days after your last contact with a person who has COVID-19 and complete Swallow's Symptom Screener daily once you are notified you are a close contact.
- Ensure you are monitoring an additional four days for symptoms (14 days total), using Swallow's Symptom Screener.

## Option to Shorten Quarantine to 7 Days, with a Return to Swallow on Day 8

*(for non-household\* close contacts only)*

### Asymptomatic individuals who are NOT in the same household\* as their close contact who plan to get a COVID-19 test should:

- Immediately self-quarantine when identified as a COVID-19 close contact and complete Swallow's Symptom Screener daily once you are notified you are a close contact.
- On day 6 of quarantine, get a diagnostic COVID-19 test (**FDA approved PCR test**). The test must occur no more than 48 hours prior to the end of quarantine. This means that in order for an individual to be released from quarantine after 7 days, the earliest the test could occur is on day 6. The individual must remain in quarantine until the negative result is received by the District Nurse and 7 full days have passed.
- On day 8, or later, if a negative test result is received and no symptoms are present, quarantine may end.
- Ensure you are monitoring an additional seven days for symptoms (14 days total), using Swallow's Symptom Screener.

### \*Timeline of Household Contacts of Positive Cases

- Household contacts are at greater risk due to ongoing exposure and must complete the 10 day quarantine before returning to Swallow School per School Board action.
- Similar to previous quarantine guidelines, household contacts that cannot separate themselves and are continuously exposed need to stay quarantined for as long as they are exposed to someone infectious, **plus** the 10 days after they are no longer exposed. Household and Isolation Guidance is available at <https://wcviki.waukeshacounty.gov/covid19faq>

### We are choosing to:

- Stay with the 14 day quarantine option and understand that our child will be excused out of school and able to attend school virtually during the duration of the quarantine.
- Complete the daily symptom tracking form and would like my child to return to school following 10 days in quarantine. I understand that upon return to school on the 11th day, it remains my responsibility to complete the Symptom Screening form each day through Day 14. This must be completed before your child's arrival at school each morning. My child will attend school virtually during the duration of the quarantine.
- Complete the daily symptom tracking form and would like my child to return to school following 7 days in quarantine with a negative PCR test result for COVID on Day 6. I understand that upon return to school on the 8th day, it remains my responsibility to complete the Symptom Screening form each day through Day 14 before my child's arrival at school each morning. I understand that my test may not be resulted on Day 8 and my child cannot attend school until the District Nurse has a copy of my child's test result. My child will attend school virtually during the duration of the quarantine.

Signed:	Date:
Child's Name:	Teacher: