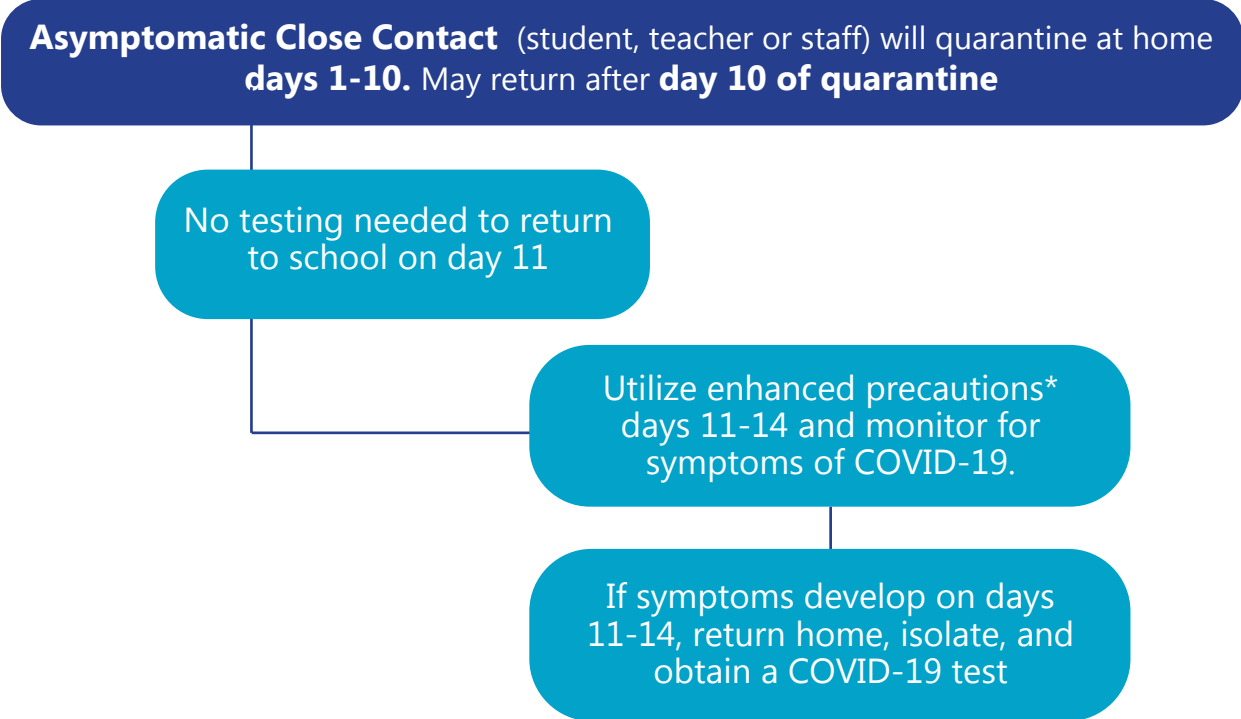


COVID-19 Asymptomatic Option 1: K-12 Alternative to 14-day Quarantine for Asymptomatic Close Contacts – Return on Day 11 after 10 days of quarantine



NOTES:

- 14 Day Quarantine remains the preferred length of quarantine. Recommended by both CDC and Indiana Department of Health.
 - *With Return on day 11, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%*
- Immediately isolate and seek testing if you develop symptoms at any time during the 14 days after your exposure to someone who tests positive for COVID-19.

****Enhanced Precautions when returning prior to full 14-day quarantine***

- Masked at all times on bus and during school day, no exceptions.
- Maintain distance of at least 3 feet from others at all times during the educational school day. The only time lesser distance of close contact is 3 feet is during the educational portion of the day when everyone is in the classroom and wearing a mask.
- Lunch to be eaten separately from others as mask will be off when eating. Remain 6 feet from others, no exceptions.
- Hand hygiene should be a priority.
- Symptom monitoring daily by parents, as needed by school staff, during the school day.
- **If ANY signs or symptoms are identified while at home, student/teacher/staff should NOT come to school and should seek a confirmatory PCR test.**
- **If symptoms develop during the school day, individual should be sent home as soon as possible to get a confirmatory PCR test.**
- **If PCR test is positive, begin 10 days of isolation starting from the date symptoms began.**
- **If PCR test is negative, because individual is a close contact, must complete remainder (days 11-14) of 14-day quarantine and remain at home until symptoms improved and 24-hours fever free without the use of fever-reducing medication.**

For ALL extra-curricular activities including, but not limited to: band, choir, orchestra, athletics including cheerleading:

- Masks must be worn at all times, no exceptions
- If mask cannot be worn due to risk associated with mask during activity, student should not practice, compete or attend the activities until after a full 14-day quarantine is complete
- Distance at least 6 feet away from others during practice, participation or while observing.
- If distance of at least 6 feet away from others during practice, participation or while observing cannot be maintained, student should not practice, compete or attend the activities until after a full 14-day quarantine is complete
- Utilize hand sanitizer before and after playing/touching equipment.
- Stay home if symptoms appear or if feeling sick and get a PCR test.

COVID-19 Asymptomatic Option 1: K-12 Alternative to 14-day Quarantine for Asymptomatic Close Contacts – Return on Day 11 after 10 days of quarantine



The Centers for Disease Control and Prevention (CDC) and the Indiana Department of Health continue to recommend quarantine for a full 14 days and recognize that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

The changes in definition are only for the academic school day while in the classroom and apply to grades K-12.

- IF at least 3 feet of separation is provided between students and teachers during the school day AND when masks are always worn, contact tracing will not need to be completed if there is a positive case identified in the classroom with a minimum of 3 feet of space between classmates and teacher.
- The decrease to 3 feet for close contact tracing only works IF masks are consistently worn and other mitigation strategies are consistently used. There should always be a minimum of 3 feet of separation in the classroom with masks to decrease need to contact trace within the classroom.
- If you do not mask and distance to at least 3 feet in the classroom during the educational portion of the school day, you must contact trace to 6 feet.

These changes DO NOT apply in high-risk classes such as band, orchestra, choir and show choir. Other high-risk classes may also need to be placed in this category. Changes do not apply for athletics, including cheerleading.

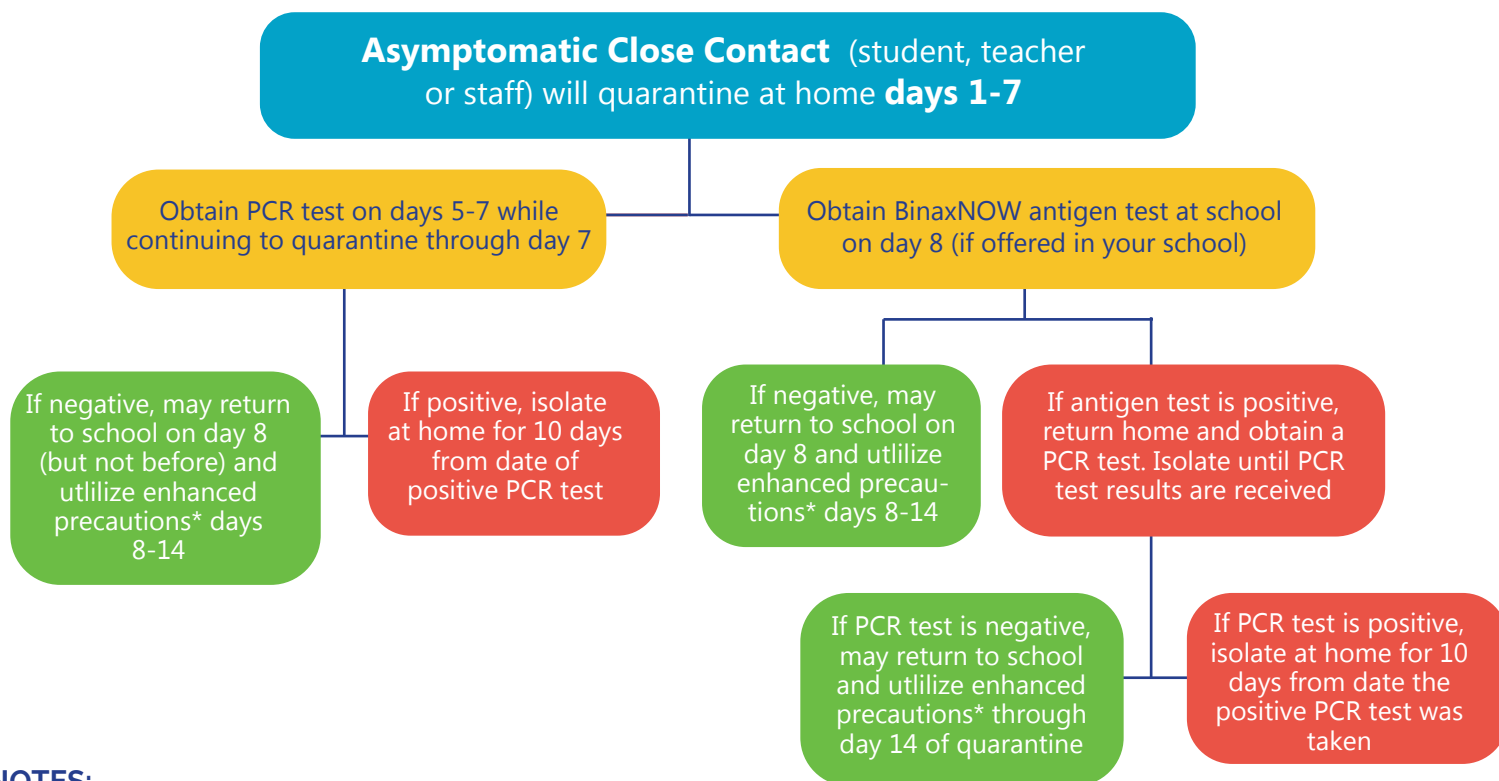
- Continue to mask at all times and distance AT LEAST 6 feet
- These changes DO NOT apply in athletics or other extra-curricular group activities.
- Continue to mask and distance AT LEAST 6 feet.
- Close contacts are defined as anyone within 6 feet during athletics or other extra-curricular activities.
- If your school or district wants to continue contact tracing at 6 feet, that is acceptable.

After Day 10

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
- With this strategy, residual post-quarantine transmission risk is estimated to be about 1%, with an upper limit of about 10%.
- Immediately isolate and seek testing if you experience symptoms at any time during the 14 days after exposure to someone who has tested positive for COVID-19
- Enhanced precautions must be utilized to return early from quarantine through day 14 of last exposure to the positive individual.

More information: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

COVID-19 Asymptomatic Option 2: K-12 Alternative to 14-day Quarantine for Asymptomatic Close Contacts – Return on day 8 after 7 days of quarantine



NOTES:

- Quarantine for 14 days remains the preferred option and is recommended by both the Centers for Disease Control and Prevention (CDC) and the Indiana Department of Health.
 - With Return on Day 8, residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of 12%.*
- Immediately isolate and seek testing if you develop symptoms at any time during the 14 days after your exposure to someone who tests positive for COVID-19.

****Enhanced Precautions when returning prior to full 14-day quarantine***

- Masked at all times on bus and during school day, no exceptions.
- Maintain distance of at least 3 feet from others at all times during the educational school day. The only time lesser distance of close contact is 3 feet is during the educational portion of the day when everyone is in the classroom and wearing a mask.
- Lunch to be eaten separately from others as mask will be off when eating. Remain 6 feet from others, no exceptions.
- Hand hygiene should be a priority.
- Symptom monitoring daily by parents, as needed by school staff, during the school day.
- If ANY signs or symptoms are identified while at home, student/teacher/staff should NOT come to school and should seek a confirmatory PCR test.**
- If symptoms develop during the school day, individual should be sent home as soon as possible to get a confirmatory PCR test.**
- If PCR test is positive, begin 10 days of isolation starting from the date symptoms began.**
- If PCR test is negative, because individual is a close contact, must complete remainder (days 8-14) of 14-day quarantine and remain at home until symptoms improved and 24-hours fever free without the use of fever-reducing medication.**

For ALL extra-curricular activities, including but not limited to: band, choir, orchestra, athletics including cheerleading:

- Masks must be worn at all times, no exceptions
- If mask cannot be worn due to risk associated with mask during activity, student should not practice, compete or attend the activities until after a full 14-day quarantine is complete
- Distance at least 6 feet away from others during practice, participation or while observing.
- If distance of at least 6 feet away from others during practice, participation or while observing cannot be maintained, student should not practice, compete or attend the activities until after a full 14-day quarantine is complete
- Utilize hand sanitizer before and after playing/touching equipment.
- Stay home if symptoms appear or if feeling sick and get a PCR test.

COVID-19 Asymptomatic Option 2: K-12 Alternative to 14-day Quarantine for Asymptomatic Close Contacts – Return on day 8 after 7 days of quarantine



The Centers for Disease Control and Prevention (CDC) and the Indiana Department of Health continue to recommend quarantine for a full 14 days and recognize that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

The changes in definition are only for the academic school day while in the classroom and apply to grades K-12.

- IF at least 3 feet of separation is provided between students and teachers during the school day, when students are in the classroom AND when masks are always worn, contact tracing will not need to be completed if there is a positive case identified in the classroom with a minimum of 3 feet of space between classmates and teacher.
- The decrease to 3 ft for close contact tracing only works IF masks are consistently worn and other mitigation strategies are consistently used. There should always be a minimum of 3 feet of separation in the classroom with masks to decrease need to contact trace within the classroom.
- If you do not mask and distance to at least 3 feet in the classroom during the educational portion of the school day, you must contact trace to 6 feet.

These changes DO NOT apply in high-risk classes such as band, orchestra, choir and show choir. Other high-risk classes may also need to be placed in this category. Changes do not apply for athletics, including cheerleading.

- Continue to mask at all times and distance AT LEAST 6 feet
- These changes DO NOT apply in athletics or other extra-curricular group activities.
- Continue to mask and distance AT LEAST 6 feet.
- Close contacts are defined as anyone within 6 feet during athletics or other extra-curricular activities.
- If your school or district wants to continue contact tracing at 6 feet, that is acceptable.

After Day 7

- Quarantine can end after Day 7 with testing and if no symptoms have been reported during daily monitoring. Obtain PCR test on days 5-7 while continuing to quarantine through day 7. If negative, may return to school on day 8 (but not before) and utilize enhanced precautions* days 8-14. If positive, isolate at home for 10 days from date of positive PCR test
- With this strategy, residual post-quarantine transmission risk is estimated to be about 5%, with an upper limit of about 12%.
- Immediately isolate and seek testing if you experience symptoms at any time during the 14 days after exposure to someone who has tested positive for COVID-19
- Enhanced precautions must be utilized to return early from quarantine through day 14 of last exposure to the positive individual.

NOTES:

- IF BinaxNOW testing is being done at the school - parent to bring student to school on Day 8 and stay with student until test results obtained.
- If negative, parent can leave and student goes to class
- If positive, parent needs to take student home and obtain confirmatory PCR test

More information: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

COVID-19 Symptomatic Guidance: K-12 Guidance for Symptomatic student, teacher, staff member

