



Indiana
Department
of
Health

UPDATED K-12 GUIDANCE FOR ISOLATION AND QUARANTINE

1/6/22

K-12 Guidance

- Latest guidance posted under Back to School Resources:
<https://www.coronavirus.in.gov/files/K-12-Guidance-12-30-21.pdf>
 - Remember: the safest and most consistent guidance for the school environment is to have everyone consistently and correctly masked, no matter which guidance your school or district chooses to follow.
 - The parent daily screening tool has been updated:
https://www.coronavirus.in.gov/files/21_Parent-screening-12-29-21.pdf
 - If the student, teacher or staff member is not feeling well, they should stay home and get tested
 - If the student, teacher or staff member begins feeling ill at school, they should go home immediately and get tested
- * CDC guidance is projected to update and if the changes are significant, we may update our guidance. We are doing everything we can to keep the guidance consistent and communicated in a timely manner. If we need to increase the frequency of the school webinars, we are happy to do so.

Definitions

- **Fully vaccinated** = must be 2 weeks (14 days) out from last dose of primary vaccine series.
- **Up to date** = includes additional doses for individuals who are immunocompromised or booster doses at regular time points
 - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
- **Not fully vaccinated** = less than 2 weeks out from last dose of a primary vaccine series or have not received all primary doses
- **Not up to date** = no additional or booster doses if recommended/eligible
- **Isolate** = when you are sick or when you have been infected with COVID-19, even if you don't have symptoms
- **Quarantine** = when you might have been exposed to the virus

The following guidance is for schools with a **mask requirement**.

Mask wearing is monitored and all students, teachers, and staff wear masks consistently in the classroom.



K-12 Isolation Guidance: When all are masked

If student tests positive:

- Stay home for 5 days
- Return to school Day 6 if asymptomatic or symptoms are resolving and continue to mask Day 6-10 in classroom (if unable to mask properly at all times around other people, must remain isolated at home for full 10 days)
 - Symptoms must be resolving/improving, and student must be fever-free for 24 hours without medication.
 - "At all times" includes outdoors if around other people
 - May resume extracurricular activities on Day 6 if able to wear a mask properly at all times for Days 6-10, above conditions are met and cleared by physician (<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>)

K-12 Quarantine Guidance: When All Are Masked

If student is **exposed** to someone with COVID-19 in the **classroom**:

- As long as continue to be asymptomatic, may remain in school and continue to wear a mask properly at all times for 10 days, test on Day 5 if possible
- May continue extracurricular activities; wear a mask properly at all times when able (while not actively performing or actively playing during your sporting activity) for all 10 days
- If symptoms develop, get a test and stay home and if positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.

K-12 Quarantine Guidance: When All Are Masked

If student is **exposed** to someone with **COVID-19** **outside of the classroom**, including home contacts:

- If **fully vaccinated**
 - As long as asymptomatic, may remain in school and continue to mask at all times in classroom; test on Day 5 if possible
 - May continue extracurricular activities; wear mask for 10 days. Unmask only when actively playing or performing.
 - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.
- If **unvaccinated or partially vaccinated**:
 - Stay home for 5 days; test on Day 5 if possible
 - Return to class on Day 6 if still asymptomatic. Continue to wear a mask for Days 6-10.
 - No extracurricular activities for 5 days of home quarantine. May resume Day 6 only if able to wear a mask at all times (including while actively performing or playing during your sporting activity) for Days 6-10. If you cannot safely mask, do not participate in the extra-curricular activity.
 - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.

The following guidance is for schools **without a mask requirement.**



K-12 Isolation Guidance: No Mask Requirement

If student tests positive:

- Stay home for 5 days
- Return to school Day 6 if asymptomatic or symptoms are resolving and continue to mask Day 6-10 in classroom (if unable to mask properly at all times, must remain isolated at home for full 10 days)
 - Symptoms must be resolving/improving, and student must be fever-free for 24 hours without medication.
 - May resume extracurricular activities on Day 6 if able to wear a mask properly at all times for Days 6-10, above conditions are met and cleared by physician (<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>)

K-12 Quarantine Guidance: No Mask Requirement

If student is **exposed** to someone with COVID-19 in or outside the classroom, including home contacts:

- If **fully vaccinated**
 - May remain in school as long as continue to be asymptomatic
 - Wear a mask at all times in classroom for at least 10 days (quarantine ends 10 days after the last day of exposure to the positive case), test on Day 5 if possible
 - May continue extracurricular activities; mask at all times. Unmask only when actively playing or performing.
 - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.

K-12 Quarantine Guidance: No Mask Requirement

If student is **exposed** to someone with COVID-19 in or outside the classroom, including home contacts, continued:

- If **unvaccinated or partially vaccinated**:
 - Stay home for 5 days after the last day of exposure to the positive case; test on Day 5 if possible
 - Return to class on Day 6 if asymptomatic, wear a mask at all times in classroom for at least 5 days (quarantine ends 10 days after the last day of exposure to the positive case)
 - No extracurricular activities for 5 days of home quarantine. May resume Day 6 only if able to wear a mask at all times (including while actively performing or playing during your sporting activity) for Days 6-10. If you cannot safely mask, do not participate in the extra-curricular activity. Remember, at all times includes outdoors when around others.
 - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.

Example of Quarantine Extension at Home

If a family member is positive and cannot isolate from the student, when do we start the student's quarantine?

- If positive family member cannot isolate away from close contact (days 1-5)
- and doesn't consistently mask at home (days 6-10)
- student's quarantine **begins after Day 10**. Student may return on Day 6 (of their quarantine) with constant and correct masking in place days 6-10. Student returns to school on Day 16 of total time

If positive family member cannot isolate away from close contact (days 1-5)

- But is able to mask up consistently at home (days 6-10)
- Student's quarantine **begins after Day 5**. Student may return on Day 6 (of their quarantine) with constant and correct masking in place days 6-10. Student returns to school on Day 11 of total time.







Example of Quarantine Extension at Home

- **Symptomatic** case, day 0 is day symptoms start. Day 1 of isolation is next day
- **Asymptomatic** – day 0 is the date positive specimen is collected. Day 1 of isolation is next day
- Remember, for unvaccinated close contacts, your day 1 is always the day after the positive individual's isolation ends


Parent Daily Screening Tool

COVID-19 Screening for Parents

Every morning before you send your child to school please check for signs of illness:

| | | | | | |
|--------------------------|---|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> |  FEVER 100.4* OR CHILLS <small>*or school board policy if threshold is lower</small> | <input type="checkbox"/> |  SORE THROAT | <input type="checkbox"/> |  COUGH* OR SHORTNESS OF BREATH <small>*especially new onset, uncontrolled cough</small> |
| <input type="checkbox"/> |  DIARRHEA, NAUSEA OR VOMITING, ABDOMINAL PAIN | <input type="checkbox"/> |  HEADACHE* <small>*particularly new onset of severe headache, especially with fever</small> | <input type="checkbox"/> |  NEW LOSS OF TASTE OR SMELL |

*May present with more than one symptom. This list does not include all possible symptoms.

- 1 Does your child have any sign of illness above?
 - 2 Was your child in close contact (within 6 feet for a total of 15 minutes over a 24-hour period) with anyone confirmed with COVID-19?
 - 3 If the answer is YES to any of the questions, DO NOT send your student to school. Instead, get your child tested for COVID-19 and isolate them until their test result is received.
 - 4 Please keep your student home until they meet the criteria to return to school.
-  If your child has trouble breathing, chest pain, new confusion, inability to wake or stay awake or bluish lips or face. **CALL 911!**



- Screening to occur daily prior to sending student on bus or dropping off at parent drop off
- When in doubt, do not send to school and seek testing or medical opinion

Reminders

- Masking is the safest way to keep everyone safe while in school, and if your school has a mask requirement in place, no one needs to quarantine if they are identified as close contacts. Students and staff may continue to attend school and monitor for symptoms.
- Use a well-fitting mask and ensure it is worn properly (over nose and mouth)
 - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- Contact Tracing, isolation of positive cases and quarantine of close contacts is not optional. Continue to follow control measures.
 - <https://www.coronavirus.in.gov/files/COVID-19-Control-Measures-v.7-final.pdf>
- Get students and staff home if they are symptomatic, running a temp, or have other symptoms of COVID-19 and other viral illnesses. We have always asked that students and staff who are ill stay home. This guidance is not new!

Enhanced Precautions: Best Practices

- Enhanced Precautions for those returning to school prior to full 10-day quarantine or isolation
 - Masked at all times (except when eating/drinking)
 - Maintain at least 3 feet of distance between the individual returning early from quarantine and others when in the classroom.
 - At least 6 feet of separation between individual returning early and others when eating or drinking
 - Masked at all times on bus no exceptions.
 - Continue all other mitigation strategies
 - 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 COVID test.
 - If symptoms develop during the school day, individual should be sent home as soon as possible to get a COVID test.
 - If COVID test is positive, follow isolation guidance.
 - If COVID test is negative, individual should remain home until they meet the criteria to return. Continue to wear a mask for at least 10 days and follow quarantine guidance if a close contact.



Enhanced Precautions: Best Practices

- For high-risk classes (examples: PE, band, choir):
 - Mask at all times
 - Distance at least 6 feet
- For extra-curricular activities including sports – follow instructions:
 - For schools with a mask requirement
 - For schools without a mask requirement

Transportation Considerations

- Current guidance from CDC and National Association for Pupil Transportation
- Requirement for face masks on public transportation includes on school buses except for those:
 - Younger than 2 years old
 - Those with a disability who cannot wear a mask safely because of the disability as defined by the Americans with Disabilities Act (42 U.S.C.12101 *et seq.*)
 - A person for whom wearing a mask would create significant risk
- Follow current mask requirements until further notice
- For distancing recommendations – see ED COVID – 19 Handbook Volume 1 – 2021: Strategies for Safely Reopening Elementary and Secondary Schools / Transportation Considerations pages 15-16

<https://www2.ed.gov/documents/coronavirus/reopening.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html>

Higher Education

- Maintain current guidance recommendations, including:
 - When and how to isolate - https://www.coronavirus.in.gov/files/20_Higher-Ed-isolation_COVID-19_8-10-20.pdf
 - When and how to quarantine- https://www.coronavirus.in.gov/files/20_Higher-Ed-quarantine_10-19-21.pdf
 - Mask up in classrooms, lecture halls, etc. when on campus.
 - Encourage masking in common areas of dorms, other social settings
 - Follow all mitigation strategies as you have been
 - Consider your plan for testing prior to return and during the spring semester
- Remember, higher education environments are considered congregate living settings and should be treated as such.
- CDC will be updating guidance in the coming weeks and we will update your guidance as quickly as we can when information changes. Until then, for questions, refer to CDC link below.