



# Carlisle Local Schools

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With the new quarantine guidelines in affect. I wanted to send out some clarification on how we will be handling things, to ensure everyone's safety. See below the new procedure, let me know if you have any questions.

- Students returning from quarantine are to report to the clinic upon arrival to school for temp and symptom check. (NOT NEW)
- Students that return from a 10-day quarantine are to report to clinic each day through day 14 for temp and symptom check
  - Example: Student returns to school on day 11, they will be checked daily in clinic on day 11, 12, 13, & 14
    - This will vary as the weekend days will affect how many days we actually have to check the student
- Students and families can opt to keep their students home through the 14<sup>th</sup> day without penalty.
- Attendance will only front load dates through day 10 and then can add additional days if the students do not return.
- Students that choose the 7 days option with a negative test, will go through the same process but with more daily checks, we will communicate this with the teachers directly if a parent selects this option-we **ARE NOT** encouraging this option.

## Additional clarification related to quarantine

- A positive individual is considered contagious from symptom onset (day 0) through day 10.
  - Example Patient B starts symptoms on Monday 12/1 (day 0). Isolation dates are 12/2-12/11.
- A positive individual must isolate from everyone in the household
- If it is not possible to isolate (small children of a positive parent, single parents, etc). The close contacts quarantine does not start until the positive individual's contagious period is over. Day 10 of positive individual would be the last date of exposure for close contact (kids).
  - Example: Mom is positive her isolation dates are 12/2-12/11, she has two small kids she cannot isolate away from, the kids quarantine dates are 12/12-12/21. But the dates add together mean the kids would be out of school/activities 12/2-12/21.

Thank you for your patience and flexibility during these times, it seems everything is changing daily! If you have any questions, please contact me or Nurse Erica. Thank you.

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# Self Quarantine Options After Close Contact with a COVID-19 Case

Close contact is considered being closer than 6 feet to a case for 15 minutes or more during a 24 hour period

Please speak to your employer, educational provider, childcare facility, or leaders of another setting outside of your household as to which option is right for their facility



With options, if you have **any** symptoms you must seek viral testing to identify if you have COVID-19



## Option 1

## Optimal Duration to Minimize Risk of Transmission

### 14 Day Quarantine



Standard 14-day quarantine period. A 14-day quarantine period presents the lowest risk of postquarantine transmission. This strategy is preferred for people living, working, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible.



#### Viral Testing Requirements:

This option does not require viral testing to be released from quarantine.

## Option 2

## ↑ Increased Risk of Transmission from 14 Day

### 10 Day Quarantine



Stay at home for at least 10 days after last exposure

AND

Symptom monitoring through day 14



#### Viral Testing Requirements:

This option does not require viral testing to be released from quarantine. Consider obtaining a viral test at the end of this period (day 8 or later) to increase certainty that the individual is not infected, but quarantine cannot be discontinued earlier than after day 10.

## Option 3

## ↑↑ Increased Risk of Transmission from 10 Day

### 7 Day Quarantine with PCR Test



Negative test result from a PCR test collected on day 5 or later after last exposure

AND

Stay at home for at least 7 days after last exposure

AND

Symptom monitoring through day 14



#### Viral Testing Requirements:

This option requires a negative PCR test where the viral sample was collected at day 5 or later. The individual under quarantine must stay isolated until the results of the test are received, even if that would extend the quarantine past a standard 14-day quarantine. A PCR or other Nucleic Acid Amplification (NAA) test is considered to be the "gold standard" for viral testing and is the best suited to finding an active infection.

## Option 4

## ↑↑↑ Highest Risk of Transmission of All Options

### 7 Day Quarantine with Antigen Test



Negative test result for from an antigen test collected on day 5 or later after last exposure

AND

Stay at home for at least 7 days after last exposure

AND

Symptom monitoring through day 14



#### Viral Testing Requirements:

This option requires a negative antigen test where the viral sample was collected at day 5 or later. The individual under quarantine must stay isolated until the results of the test are received, even if that would extend the quarantine past a standard 14-day quarantine. An antigen viral test is considered to be less accurate in finding an active infection than a PCR test, meaning there is a higher risk of missing an active infection with this strategy.