

Staff: Shortened Quarantine Options

The standard quarantine period remains fourteen (14) days after last contact with the person while they were contagious with COVID-19, but CDC/SCDHEC have provided options for shortening that time period. The date of return for all close contacts and household contacts will be calculated as they always have been: *close contact*: 14 days after last close contact with positive case; *household contact*: once the positive person in the home completes isolation (minimum of 10 days), then the household quarantine of 14 days begins. This return date will be given to you.

The nurse will also discuss with you the shortened quarantine options and requirements to use. The nurse will give you a form that must be signed upon return to school if you use one of these shortened options.

1. Ten (10) Day Option:

Quarantine can end after Day 10 without testing and if **no symptoms (cough, loss of taste or smell, fever 100.4 or higher, headache, fatigue, sore throat, congestion or runny nose, muscle pain or body aches, nausea/vomiting, diarrhea)** were reported during daily symptom monitoring. Conditions to use this option:

No symptoms (cough, loss of taste or smell, fever 100.4 or higher, headache, fatigue, sore throat, congestion or runny nose, muscle pain or body aches, nausea/vomiting, diarrhea) of COVID-19 occurred during the your quarantine;

AND

You need to continue daily monitoring for symptoms until day 14 after last exposure to the COVID-19 case;

AND

You must continue to closely follow the preventive actions the schools have in place to prevent spread of the virus (correct and consistent use of face coverings, social distancing, hand hygiene, etc.). You may not participate in any activities that do not allow for these preventive actions. We should already be practicing social distancing; however, there may be rare circumstances where this would be an issue. **If this is a concern with your current job assignment, you need to discuss with your principal.**

AND

On day 11 when you return, you must return the signed form to the school nurse.

2. Seven (7) Day Option:

Quarantine can end after Day 7 if a PCR test is negative AND if no symptoms were reported during daily symptom monitoring. The District will only accept a PCR test when using this shortened option.

The viral test must be collected no sooner than Day 5 to be used to shorten quarantine, but quarantine cannot be discontinued earlier than completion of Day 7.

Conditions to use this option:

No symptoms (cough, loss of taste or smell, fever 100.4 or higher, headache, fatigue, sore throat, congestion or runny nose, muscle pain or body aches, nausea/vomiting, diarrhea) of COVID-19 occurred during the your quarantine; ;

AND

You need to continue daily monitoring for symptoms until day 14 after last exposure to the COVID-19 case;

AND

You must continue to closely follow the preventive actions the schools have in place to prevent spread of the virus (correct and consistent use of face coverings, social distancing, hand hygiene, etc.). You may not participate in any activities that do not allow for these preventive actions. We should already be practicing social distancing; however, there may be rare circumstances where this would be an issue. **If this is a concern with your current job assignment, you need to discuss with your principal.**

AND

On day 8 when you return, you must return the signed form to the school nurse and a copy of the negative PCR results or you will not be allowed to stay at school.

A symptom monitoring form to use for your convenience is on the back of this notice. If you have any other questions, please contact your school nurse.