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Buffalo County Health Department

Prevent. Promote. Protect.

MEMO: COVID-19 QUARANTINE AND SCHOOLS

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COVID-19 QUARANTINE UPDATES

The Buffalo County Health Department along with local school administrators and neighboring county health departments are working to implement the CDC and DHS options for reducing duration of quarantines as it relates to COVID-19 exposure. Effective immediately, the Buffalo County schools are planning to shorten the quarantine timeframe for both students and staff as follows:

- Employees will be allowed to return to work on day 8 following 7 days of quarantine and a negative PCR test on day 6 or 7 if they remain asymptomatic for the duration of the 14 days.
- Students will be allowed to return to school for academics on day 11 following 10 days of quarantine if they remain asymptomatic for the duration of the 14 days.
- Students returning to school on day 11 may have alternatives to certain high-risk activities such as physical education, band, choir, recess and lunch locations to assure adherence to the guidelines.
- Students may return to use of the school transportation (buses/ vans), athletics and other extra-curricular activities on day 15 following the 14-day quarantine.

In a Health Alert released on December 4th, DHS announced that they support the CDC guidelines for shortening the standard quarantine period from 14 days to 10 days for people who remain asymptomatic, provided that daily symptom monitoring continues for the full 14-day period. This change is based on data that suggests the risk of transmission after 10 days is very low. Ideally, the quarantine should be continued for the full incubation period, but to lessen the burden to our communities these options are being provided.

According to the CDC and DHS, for these two alternative strategies to be acceptable, the following conditions must be met for the duration of the entire 14-day quarantine:

- Daily symptom monitoring must continue
- Remain asymptomatic
- Must adhere strictly to all recommended non-pharmaceutical interventions including consistent mask use, social distancing which includes physical contact and avoiding gatherings

Calendar of 10-day quarantine option for Students

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exposure occurs	Quarantine starts (continue for a <u>FULL 10 days</u>)	←—————→					
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
←—————→			May return to in-person schooling if symptom free: still <u>NOT ELIGIBLE</u> for high-risk.				Return to all activities and transportation

Note: Symptom monitoring MUST occur for ALL 14 days. If symptoms develop, return home immediately.

***Students returning to school on day 11 may have alternatives to certain high-risk activities such as physical education, bussing/van transportation, band, choir, recess and lunch locations. Consult your school administrator or school nurse for details.**

COVID-19 QUARANTINE UPDATE

Based on new information the following changes have been made to COVID-19 quarantine.

CDC & DHS continue to recommend a 14 day quarantine.



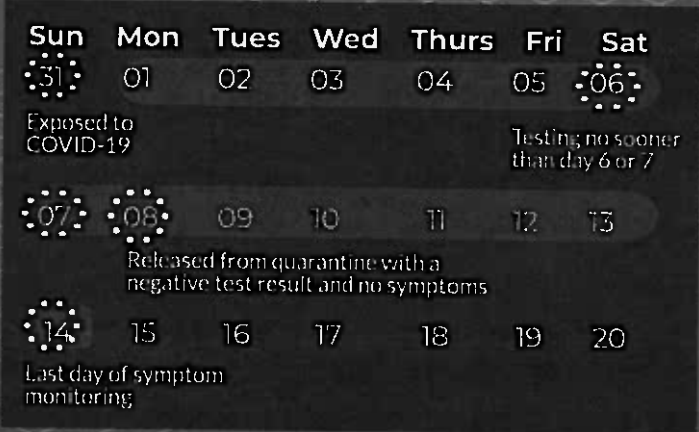
14 Day Quarantine Alternatives

7 Day Quarantine

- No symptoms
- Have a negative test
 - Testing on day 6 or 7
- Go back to work or school on day 8
- Continue to monitor symptoms for the full 14 days
- If you develop symptoms isolate and get tested

10 Day Quarantine

- No symptoms
- Go back to work or school on day 11
- Continue to monitor symptoms for the full 14 days
- If you develop symptoms isolate and get tested



Continue to follow COVID-19 precautions including wearing a mask, physically distancing, and avoiding gatherings.

Healthcare facilities must continue to follow guidance in DHS HAN #18 and #22



When does my sick child and other family members need to stay home?

If anyone in the house has:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste
- New loss of smell

Or at least 2 of the following:

- Fever
- Chills
- Body aches
- Headache
- Sore throat
- Fatigue
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



When can we return to school and work?

Sick person

Household members

Sick individual is diagnosed with a different illness

Follow guidance from medical provider

All well individuals may return to school and work

Sick individual tests negative for COVID-19

24 hours symptom free without using medicine

All well individuals may return to school and work

Sick individual tests positive for COVID-19

10 days after symptoms started AND fever free for 24 hours with other symptoms improving

14 days after last contact with sick person AND do not have any COVID symptoms

Sick individual does not test for COVID-19 and does not have a medical diagnosis of another illness

10 days after symptoms started AND fever free for 24 hours with other symptoms improving

14 days after last contact with sick person AND do not have any COVID symptoms

Note: There are other times a child will be required to stay home from school because of potential exposure to COVID. Public Health will provide directions if this happens.

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Close Contact Identification Checklist

Introduction: This tool supports school staff in identifying close contacts of a confirmed or probable case of COVID-19. Close contacts are people who fit one or more criteria below during the cases infectious period. The local health department will determine the cases' infectious period.

- Had direct physical contact with the person (for example, a hug, kiss, or handshake).
- Were within 6 feet of the person for more than 15 minutes. This includes single encounters of more than 15 minutes OR multiple encounters within a single day adding up to more than 15 minutes.
- Had contact with the person's respiratory secretions (for example, coughed or sneezed on; contact with a dirty tissue; shared a drinking glass, food, towels, or other personal items).
- Live with the person or stayed overnight for at least one night in a household with the person (i.e., household contact)

How to use this tool: The staff member assigned to identify close contacts should go through the checklist below and answer each of the questions. The staff member responsible for identifying close contacts may need to ask others, including teachers, about the specific interactions that occurred during classroom and extracurricular settings. Each student and staff member identified as a close contact must be entered into the Line List Spreadsheet. During the tracing process, it is important not to identify the student to as few people as possible.

The following questions should be answered and checked off by staff during contact identification related to the infectious period:

	Did the case take the bus to school? If so, who was within 6 feet?
	Did the case carpool to school? If so, with whom?
	Which classes did the case attend? <ul style="list-style-type: none">○ Were desks six feet apart at all times, children stayed at their desks and no group activities occurred? If not, who was within 6 ft?
	During lunch was the case within 6 ft of anyone for 15 minutes?
	Did the case have any appointments with counselors or specialist staff? If so, was anyone within 6 ft of the case?
	Did the case come within 6 ft for 15 minutes of anyone during recess? If so, whom?
	Does the case participate in extracurricular activities? If so, which ones? Where other participants within 6 ft? If so, whom?
	Was the case involved in any other activities which were likely to have compromised physical distance from others for greater than 15 minutes?
	Did the case attend a before or after school program? If so, were they within 6 ft of anyone for 15 minutes?

COVID-19 DAILY SYMPTOM CHECK

Please go through all these questions daily **BEFORE** sending your child to school.
If your child is ill, please keep your child home to help protect the health of others.

SYMPTOMS-PART 1

Has your child developed any 1 of the following symptoms within the past 24 hours?	YES	NO
Cough		
Shortness of breath or trouble breathing		
New loss of sense of taste or smell loss		
Fever ($\geq 100.4^{\circ}\text{F}$) or chills		
Diarrhea		
Vomiting		



If you answered **YES** to any of the questions above in Part 1 please keep your child at home.
➤ Contact your school district to explain the reason why your child will be absent from school.

SYMPTOMS-PART 2

Has your child developed any 1 of the following symptoms within the past 24 hours?	YES	NO
Sore throat		
Unusual fatigue		
Fever ($99.0-100.3^{\circ}\text{F}$)		
Runny nose or nasal congestion		
Headache		
Muscle or body aches		
Nausea (Feeling sick to stomach)		



If you answered **YES** to 2 or more questions above please keep your child at home.
➤ Contact your school district to explain the reason why your child will be absent from school.

RISK FACTORS

	YES	NO
Has your child been diagnosed with COVID-19 by a healthcare provider in the last 10 days?		
Has your child been in close contact (less than six feet) for 15 or more minutes with anyone who tested positive for COVID-19 or was diagnosed with COVID-19 in the last 14 days?		
Has your child been directed by your local health department to self-quarantine in the past 14 days?		



If you answered **YES** to 1 or more questions above please keep your child at home.
➤ Contact your school district to explain the reason why your child will be absent from school.

SHOULD I SEND MY CHILD TO SCHOOL?

Many parents are frequently concerned about when students should stay home or attend school. The following guidelines apply.

COVID-19 INFORMATION:

Centers For Disease Control (CDC) does not currently recommend universal symptom screenings (screening all students grades K-12) be conducted by schools. Given the wide range of symptoms and the fact that some people with SARS-CoV-2 infection (the virus that causes COVID-19) are asymptomatic, there are limitations to symptom screening conducted by schools for the identification of COVID-19

Parents or caregivers are asked to monitor their children for signs of infectious illness every day.

Students who are sick should not attend school in-person. People with COVID-19 have had a wide range of reported symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to SARS-CoV-2. Symptoms can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms and children and youth with SARS-CoV-2 infection may experience any, all, or none of these symptoms. (See Symptoms of Coronavirus for more information.)

Close Contact/Potential Exposure

Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19: **OR** Had close contact (within 6 feet of an infected person for at least 15 minutes) with person under quarantine for possible exposure to SARS-CoV-2; **OR**

Traveled to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases as described in the Community Mitigation Framework

Live in areas of high community transmission (as described in the Community Mitigation Framework) while the school remains open

Some students may develop symptoms of infectious illness while at school.

- Students who develop any of the symptoms while at school should be placed in an isolation area separate from staff and other students:
 - School staff (e.g., workers, teacher aides, school health staff) who interact with a student who becomes ill while at school should use Standard and Transmission-Based Precautions when caring for sick people.
 - Students who are sick should go home or to a healthcare facility depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick.
- If a school needs to call an ambulance or bring a student to the hospital, they should first alert the healthcare staff that the student may have been exposed to someone with COVID-19.

After the student is placed in an isolation area, school staff who work in the isolation area should follow CDC's Considerations for Cleaning and Disinfecting your Building or Facility.

Return-to-School Policies.

A negative test or doctor's note **should not** be required for return. Questions regarding return to school should be jointly decided in consultation with parents or caregivers, school personnel, and the student's healthcare provider.

Students who are excluded from school should be afforded the opportunity, as soon as feasible when they are well enough to participate in classwork, to make up any missed classwork without penalty in order to reduce mental or physical anxieties about missed academic opportunities.

OTHER ILLNESSES:

Fever – a fever of 100° or more signals an illness, the student should stay home for 24 hours after the temperature returns to normal **without** the aid of fever-reducing medicine.

Vomiting, diarrhea or severe nausea – sometimes called **stomach flu or norovirus**- if a student has vomited or had diarrhea, the student should stay home until **24 hours** after the last episode and a normal diet is tolerated the night before and the morning of school. A diagnosis of norovirus requires staying at home until asymptomatic for **48 hours**.

Contagious infectious diseases – diseases such as impetigo, whooping cough, and strep throat require a doctor's examination and prescription for medication and doctor's approval for return to school.

Rash – if a student has any rash that may be disease-related or you do not know the cause, check with your family physician before sending the student to school.

Coughing – a persistent cough is commonly an upper or lower respiratory infection and if the cough is ongoing, coincides with fever or loss of appetite, or causes breathing problems, the ill student should stay home.

Injuries – if a student has an injury that causes continuous discomfort, the student should not attend school until the condition is checked by a doctor or it improves. Injuries that interfere with class participation need a medical evaluation and if participation in physical education class is not recommended, a doctor's excuse is required.

Head Lice – No child can attend school with live lice in their hair. If these are found, the child must go home. He/she can return when an approved treatment for lice has been completed.

MEDICATIONS:

Prescription Medications – Students requiring a prescription medication at school must have signed physician orders on file and a parent request form. These forms are available in the high school office. Medications are given by designated school personnel. Inhalers can be carried and used by the student if stated on the physician order. Prescription medicine must come in the most current pharmacy container with the pharmacy label. Instructions for giving medication must match the physician's orders on file.

Over-the-counter medications - Must come in the original container with the student's name. The parent request to give medicine must state how much is to be

given, what time and what the medicine is for. Over-the-counter medications will be administered by designated school personnel if the parent/guardian request form is on file with the school.

IMMUNIZATIONS:

Immunizations - By state law, must be up-to-date or a waiver must be signed and they must be on file at school.

The Centers for Disease Control and Prevention (CDC) has been reporting a dramatic increase in cases of acute flaccid myelitis since August 2014. To date, the CDC has confirmed at least 386 cases of acute flaccid myelitis across the U.S. At least six of those cases have been reported in Minnesota since September. As of July 31, 2020, there have been 16 confirmed cases in 2020

Acute flaccid myelitis is a polio like condition that causes weakness in a person's arms or legs, most often occurring in children

Since the cause of acute flaccid myelitis is still not understood, it's difficult to know how to prevent it. The CDC recommends staying up to date on all vaccinations and avoiding mosquito bites.

"The CDC [also] has recommended the types of normal hygiene stuff that we all should practice," Dr. Mack says. "So washing hands, cleaning surfaces, trying to stay home when you're sick or ill so you don't spread infection. And right now, that's probably the biggest impact we can make on this."