

Travel and Quarantine Guideline Update 1/29/21

Travel and quarantine information was specifically addressed in an Illinois Department of Public Health (IDPH) webinar for schools on 1/26/21.

TRAVEL

Current IDPH School travel guidelines are as follows:

Travel Restrictions

Are there any current domestic or international travel restrictions for which we should be monitoring and excluding students and staff? (Updated 1/4/2021)

There is widespread, ongoing transmission of novel coronavirus worldwide. Anyone who has traveled internationally or domestically where COVID-19 transmission is high or increasing should stay home and monitor their health for 14 calendar days. The CDC updated COVID-19 Travel Recommendations by Destination on December 2, 2020.

Testing before and after travel can reduce the risk of spreading COVID-19. Testing does not eliminate all risk, but when paired with a period of staying at home and precautions like wearing masks and social distancing, it can make travel safer by reducing spread on planes, in airports, and at travelers' destinations. If you participated in higher-risk activities during your international travel, take the actions listed above AND do the following after travel:

- Get tested 3-5 days after travel **AND** stay home for 7 days after travel.
 - Even if you test negative, stay home for the full 7 days.
 - If your test is positive, isolate yourself to protect others from getting infected.
- If you don't get tested, it's safest to stay home for 10 days after travel.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

Thus far we have not been as strict as this within our District. Our Return to School Health Plan, which can be found on the District website, currently includes the following travel guidance from Champaign-Urbana Public Health (C-UPHD), which will continue to be recommended for out of state travel lasting longer than a weekend.

1. Travel

- a. It is recommended by C-UPHD that anyone who has travelled out of state, or within Illinois to an area with increased cases of COVID-19 should be tested the day they return, and again 4 days later. They should stay home until both tests return negative. CDC states that local public health guidelines and travel restrictions should be followed.

Given the recent return to phase 4 in our region, and the return of athletics in the State, we are asking that the following guidelines be followed for weekend or competition travel within the State of Illinois:

1. If you travel over a weekend, please plan to have your student be tested at our Monday drive through, prior to sending them to school on Tuesday. You can sign up in advance for a time that fits your schedule as long as you have a consent on file. The testing sign-up link, as well as the link for consent can be found on the District website on the Covid Dashboard.
2. Please monitor your student for symptoms, and keep them home if they exhibit symptoms. You may make arrangements with the Health tech at their school to drive by and have them tested by calling the school.
3. Please ensure that you and your student wear a mask and follow distancing guidelines, as you can not control what other people from other towns or areas are doing as far as safety mitigations.

Quarantine

Current IDPH guidelines for quarantine – which we will continue to follow.

2. If a student is sent home sick with suspected COVID-19 symptoms (e.g., cough, fever, diarrhea, shortness of breath, etc.), must all their siblings/household members be sent home as well and quarantined? (Updated 1/4/2021)

Yes. If one household member is being evaluated for COVID-19, the rest of the household must be quarantined until an alternative diagnosis is made or negative result received. If the sick student is classified as a confirmed case (i.e., tests positive for COVID-19) or a probable case (i.e., has COVID-like symptoms and is epidemiologically linked² to known case), the local health department (LHD) conducting contact tracing will place household contacts, including siblings, in quarantine. **IDPH, along with CDC, continues to recommend a 14-day quarantine. However, based on local circumstances and resources, CDC has provided options to reduce quarantine that local health departments (LHDs) may implement using symptom monitoring and diagnostic testing. Reduced quarantine options that may be considered include:**

Option 1: Quarantine period is for 10 calendar days after the close contact's last exposure to the COVID-19 case. Date of last exposure is considered Day 0.

- The individual may end quarantine after Day 10 if no symptoms of COVID-19 developed during daily monitoring.
- SARS-CoV-2 PCR testing is recommended and may be required by the local health department.
- Can maintain social distancing and masking at all times when returning to school.

Option 2 (for adult staff only): Quarantine period is for 7 calendar days after the last exposure if:

- No symptoms develop during daily monitoring AND
- The individual has a negative SARS-CoV-2 diagnostic test (PCR) that was collected within 48 hours of exposure Day 7 (starting on Day 6 or after).
 - IDPH does not recommend using antigen test results to end quarantine early. Testing for this purpose should be a molecular test, preferably RT-PCR.
 - The individual is responsible for obtaining a copy of negative results for documentation purposes.
- Can maintain social distancing and masking at all times when returning to school.

The 7-day early quarantine release option is not recommended for children.