

Parents/Guardians: 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. If you do not wish to exercise a shortened option as outlined below, there is nothing else you need do.

After reading the requirements to use one of these shortened options, **you must contact your child's school nurse and request to use one of these options.** The nurse will discuss the requirements and will email or send home with your student, whichever you prefer, a form that must be signed by a parent/guardian upon return to school. If your child comes to school on day 8 or day 11 based on the option chosen and does not have the form and negative PCR results if using the 7 day option, your child will not be allowed to stay at school.

1. Ten (10) Day Option:

Quarantine can end after Day 10 without testing and if **no symptoms** 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

Parent/guardian needs to continue daily monitoring for symptoms until Day 14 after last exposure to the COVID-19 case;
AND

Your child 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.). No student may participate in any activities that do not allow for these preventive actions. **This includes athletes returning to practice who must remain masked and have no close contact until after day 14. Athletes can observe practice but cannot participate in any sport or conditioning until day 15.**

AND

On Day 11 when student returns, they must have the signed form by the parent/guardian or they will not be allowed to stay at school.

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

Parent/guardian needs to continue daily monitoring for symptoms until Day 14 after last exposure to the COVID-19 case;
AND

Your child 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.). No student may participate in any activities that do not allow for these preventive actions. **This includes athletes returning to practice who must remain masked and have no close contact until after day 14. Athletes can observe practice but cannot participate in any sport or conditioning until day 15.**

AND

On Day 8 when your child returns, they must have the signed form by a parent/guardian and a copy of the negative PCR results or they 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 child's school nurse.