

Okay, Now What?

Your student is being quarantined due to an exposure to someone who has COVID-19. What does it mean to quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Siblings do not have to quarantine if they themselves have not had direct exposure to someone with COVID. The person in quarantine should avoid contact with family members.

When should my child start and end quarantine?

- You should stay home and follow the guidelines of either the 14 day, 10 day, or 7 day quarantine which begins as soon as you're made aware of the exposure.
- If you have been quarantining and have additional contact with a COVID+ person, your quarantine starts over.
- If you live with a person who has COVID and they cannot isolate (for instance, a parent who needs to take care of small children), you must quarantine for the 10 days of isolation, PLUS the 14 day, 10 day, or 7 day quarantine period. This quarantine period begins after the 10-day isolation ends. The total quarantine period could be as much as 24 days (If you choose the 14 day quarantine option).
- Here is information from the CDC on calculating the length of quarantine for various scenarios: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

What happens if my child receives a negative test while in quarantine?

- If you decide to test your child and they have a negative test, the quarantine may be shortened to a 7 day quarantine. However, the negative test results **must be on or after day 5, and it must be a molecular (PCR) test or antigen (rapid) test.** You must also be symptom free for 14 days since last exposure to a positive person.

What happens if my child receives a positive test result while quarantined?

Please notify us if another person in the home tests positive, or if your child tests positive. If the health department gives you a different date to return, please let us know.

Does my child need a note to return to school and are these absences excused?

Your child does not need a note to return to school, unless they utilize the 7 day quarantine option (see above for details). Absences related to a quarantine due to exposure to a positive person are excused absences, these absences do not count towards the 10 parent notes. Students are able to make up work during quarantine and should contact their teachers for assignments.

How do you quarantine?

- Stay home unless you absolutely must leave, such as for essential medical appointments. Students may not go to work, sports events, extracurricular activities;
- Separate from other household members and pets;
- Use a separate bedroom and bathroom if possible. If not possible, be sure to disinfect the bathroom between uses;
- Do not share utensils, dishes, cups/glasses, bedding, towels, and other personal items;
- Wear a mask when around family members;
- If you cannot avoid being around family members, limit exposure time to less than 15 minutes;
- Clean and disinfect high-touch surfaces in your area daily, including phones, remote controls, countertops, tabletops, doorknobs, bathroom handles, toilets, keyboards, tablets, and bedside tables;
- **Wash your hands** well with soap often, including after **coughing**, sneezing, using the bathroom, and before and after eating.
- Monitor for signs and symptoms of COVID: fever (over 100.4), dry cough, and shortness of breath. If you develop symptoms, please contact your doctor for follow up. If you test positive, please notify the school as soon as possible. This may affect the length of your quarantine.

What If I have other questions?

All of our schools have a Registered Nurse assigned to them. They are a great resource for medical related questions. Other individuals that might help answer your questions are the building principal, classroom teacher (school assignment questions), or the person in charge of student attendance at the building level. Don't hesitate to reach out if you have any questions.

For more information on quarantining: Greene County Health Department:
<https://healthalert.gcph.info/COVID19>

For information on testing:



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<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/testing-ch-centers/>