

East Grand Forks ISD 595
2021-2022 School Year Quarantine/Contact Tracing Information
(Updated December 8, 2021)

****Please do not send your children to school if they are sick****

BEST HEALTH PRACTICE

- All students, families, and staff members will need to complete the [self-assessment](#) prior to riding a school bus or coming to school.
- East Grand Forks Public Schools highly recommends vaccination against COVID 19 for anyone who is eligible. To find out upcoming area Covid-19 Vaccine clinics, please visit <https://www.co.polk.mn.us/191/Public-Health>.
- The East Grand Forks Public School District is highly recommending face coverings when indoors.

HOW TO AVOID QUARANTINE (if identified as a close contact)

If you meet **one** of the following criteria in most case scenarios, you will avoid having to quarantine.

- If you are fully vaccinated (i.e. 2 weeks following receipt of the second dose in a 2 dose series, or 2 weeks following receipt of a one dose of a single-dose vaccine for COVID-19 and not experiencing symptoms.
- If you have tested positive for COVID-19 and are not experiencing symptoms, you will not need to be quarantined for 90 days following their positive test if documentation of the positive test is provided.
- If you are consistently wearing your face-covering and not experiencing symptoms.

QUARANTINE CONTACT TRACING

LEVELS 1-2

SYMPTOMATIC STUDENTS AND STAFF

SYMPTOMS TO LOOK FOR:

If a child or staff member has any of the following symptoms, they should stay home and notify the school of attendance: fever 100.4 F or higher; new cough or cough that gets worse; difficulty/hard time breathing or loss of taste and or smell **OR two (2) of the LESS COMMON symptoms:** extreme fatigue, new severe/ very bad headache, muscle/body aches, chills, cough, shortness of breath, sore throat, new nasal congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain.

Follow MDH Decision Tree at this time. The link is here:
<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

CONTACT TRACING OF POSITIVE STUDENTS and STAFF

How close contacts are identified: When a staff or student is within 3 feet of someone for 15 minutes or greater.

Social Close Contacts

If a student or staff member is identified as close social contact, is not symptomatic, and not met one of the bulleted criteria listed below, they will be contacted by a COVID team member via email, text, or voice call.

- they are fully vaccinated.
- they are in the 90-day window after testing positive for COVID-19 and have provided documentation of the positive test.
- they are consistently wearing a face covering.

A **sample of the written correspondence** is as follows. Please note that quarantine and masking will be recommended and not required.

Dear Parents and Guardians,

The primary reason for this letter is to inform you about recent positive COVID-19 case in your child's classroom. If your child develops symptoms, please keep your child at home and contact your child's school. COVID-19 testing is encouraged, especially if the symptom persists, worsens, additional symptoms develop, or when COVID-19 transmission is substantial or high in the community.

As a parent/guardian you also have the option to quarantine. If you choose to quarantine, please call the school your child attends so someone from the COVID-19 team can give you a return date. We are also highly recommending having your child wear a face-covering for the next 14 days while attending school. Just as a reminder, COVID-19 symptoms fall into two groups:

More common symptoms are one or more of the following. A fever of 100.4 degrees Fahrenheit or higher; new cough or a cough that gets worse; difficulty/hard time breathing; and new loss of taste or smell.

Less common symptoms include two or more of the following. A sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; new severe/very bad headache; and new nasal congestion/stuffy or runny nose.

Household Close Contacts

If a student or staff member is determined to be a household close contact, they will need to follow quarantine guidelines listed below unless they are fully vaccinated and symptom-free or in the 90-day window after testing positive for COVID-19 and have provided documentation of the positive test.

- They will be released from quarantine **AFTER DAY 10** from last exposure if they remain symptom-free.
- If they develop symptoms, a negative Covid-19 test is required to be released from quarantine or the student or staff member needs to quarantine for 10 days from onset of symptoms. **YOU CAN ORDER FREE TESTS HERE TO HAVE ON HAND AT HOME. WE RECOMMEND YOU HAVE A FEW AT-HOME TESTS. GO TO THIS LINK:**
<https://learn.vaulthealth.com/state-of-minnesota/>
- The Minnesota Department of Health recommends that your child or staff quarantine for 14 days from their last exposure to someone who tested positive with COVID 19.

LEVELS 3 and 4

SYMPTOMATIC STUDENTS AND STAFF

SYMPTOMS TO LOOK FOR:

If a child or staff member has any of the following symptoms, they should stay home and notify the school of attendance: fever 100.4 F or higher; new cough or cough that gets worse; difficulty/hard time breathing or loss of taste and or smell **OR two (2) of the LESS COMMON symptoms:** extreme fatigue, new severe/ very bad headache, muscle/body aches, chills, cough, shortness of breath, sore throat, new nasal congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain.

Follow MDH Decision Tree at this time. The link is here:

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

CONTACT TRACING OF POSITIVE STUDENTS and STAFF

Exemptions are subject to change based upon CDC and MDH guidance.

If a student or staff member is identified as close contact and has no symptoms, they can be **exempted from quarantine if one of the following is true:**

- they are fully vaccinated.
- they are in the 90-day window after testing positive for COVID-19 and have provided documentation of the positive test.
- they are consistently wearing a face covering.

If students or staff are not exempt **one of the following options is available.**

- The person may be released from quarantine **AFTER DAY 7** from last exposure if they remain symptom-free and test negative for the COVID-19 PCR test on or after day 5 after their last exposure to the positive person. **YOU CAN ORDER FREE TESTS HERE TO HAVE ON HAND AT HOME. WE RECOMMEND YOU HAVE A FEW AT-HOME TESTS. GO TO THIS LINK: <https://learn.vaulthealth.com/state-of-minnesota/>**
- The person may be released **AFTER DAY 10** from the last exposure if they remain symptom-free.
- The Minnesota Department of Health recommends that your child or staff quarantine for 14 days from their last exposure to someone who tested positive with COVID 19.

How close contacts are identified:

When a staff or student is within 3 to 6 feet of someone for 15 minutes or more throughout the course of a day (24 hours).

LEVEL 5

EGF ISD 595 will strictly follow the close contacts, tracing, and quarantine requirements of the Minnesota Department of Health.

How close contacts are identified:

When a staff or student is within 3 to 6 feet of someone for 15 minutes or more throughout the course of a day (24 hours).