



SENECA COUNTY GENERAL HEALTH DISTRICT

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Anne Goon MS, RD, LD, Health Commissioner

SELF-QUARANTINE for CLASSROOM EXPOSURES

To: _____ Self-Quarantine Address: _____

The person named above has recently been identified by Seneca County General Health District as a direct contact of a person who has tested positive for COVID-19 using a test authorized by the Food and Drug Administration. As a result of this exposure, this person may already have or may develop COVID-19. Studies show that people infected with COVID-19 can infect others even when they appear healthy and do not have symptoms yet. Mask to stay/test to play options are outlined below.

_____ The person named above is a **direct contact of someone in the classroom setting** or in a school-related activity that has tested positive for COVID-19. They may:

- a) Quarantine at home for 10 days after their last date of exposure from _____ to _____. OR
- b) Remain in school as long as they consistently and correctly wear a face mask for 14 days after the last date of exposure from _____ to _____. Persons should still quarantine outside of school.

It is the parents' responsibility to monitor their child for symptoms of COVID-19; exposed staff should self-monitor. The person should isolate and get tested if they start to develop any symptoms (see page 2), regardless of how minor.

Students and staff may discontinue quarantine procedures on Day 8 if they do not develop symptoms AND receive a negative viral (PCR or antigen) test that was performed 5-7 days after exposure (see page 2 for definition of acceptable tests). If they test positive, isolate from others for at least 10 days from the date of the positive test.

Students without symptoms may participate in extracurricular activities if they meet all criteria outlined on page 2.

_____ The person named above 1) is a **direct contact of a household member** that has tested positive for COVID-19, and 2) is **not vaccinated**. They must self-quarantine at home for 10 days from _____ to _____. They may discontinue quarantine procedures on Day 8 if they do not develop symptoms AND receive a negative viral (PCR or antigen) test that was performed 5-7 days after exposure (see page 2 for definition of acceptable tests). If they test positive, isolate from others for at least 10 days from the date of the positive test.

_____ The person named above 1) is a **direct contact of a household member** that has tested positive for COVID-19, and 2) has been verified to be **fully vaccinated**. Quarantine is not required. They can stay in the normal in-person classroom setting and participate in extracurricular activities as long as they have no symptoms.

Get tested 5-7 days after exposure, even if symptom-free, and wear a mask indoors in public for 14 days or until they receive a negative viral (PCR or antigen) test. Monitor for COVID-like symptoms; if any develop, get tested and isolate from others for at least 10 days from the date of the positive test.

When not in the classroom setting, the location of self-quarantine is the address shown above, which the Health Commissioner considers to be the least restrictive, clinically appropriate place given the nature of this disease. They may leave the place of self-quarantine to seek medical care; leaving for other reasons puts other people at risk unnecessarily.

This self-quarantine notice is effective immediately upon service to the person named above.


Anne Goon, MS, RD, LD
Health Commissioner

Date

Due to the nature of community spread of the COVID-19 virus, this notice was emailed on _____ to the person named above with a delivery receipt requested. This notice serves as documentation to an employer/school of required absence and estimated return date. It is the responsibility of the person named above to share it with their employer/school as needed.

Revised 7/9/2021, 9/7/2021, 10/1/2021, 10/26/2021

INSTRUCTIONS FOR SELF-QUARANTINE FOR CLASSROOM EXPOSURES

Standard quarantine procedures and “mask to stay/test to play” options are outlined below. If you have questions regarding these instructions, contact Seneca County General Health District at (419) 447-3691.

Mask to Stay

- You can remain in school as long as you consistently and correctly wear a face mask for 14 days after the last date of exposure.
- Monitor for symptoms (see below). Isolate and get tested if you develop any symptoms, regardless of how minor they seem.
- You may discontinue quarantine procedures on Day 8 if you have not developed symptoms AND receive a negative viral (PCR or antigen) test*. You should continue to monitor for symptoms for the entire 14 days.

Test to Play

- You may continue to participate in extracurricular activities if you follow the “Mask to Stay” steps above AND:
 1. You wear a mask when able during extracurricular activities. *This includes while being transported for practices, games, competitions, and events; in the locker room; sitting or standing on the sidelines or bench; and anytime the mask will not interfere with breathing, the activity itself, or create a safety hazard.*
 2. Test* upon initial notification of exposure to COVID-19.
 3. Test* again 5-7 days after exposure. If test is negative at this time, you may discontinue quarantine procedures on Day 8.
- Schools should consider same-day testing* for athletic competitions where there is the potential of school-to-school exposure.

*** The tests referenced throughout this document are SARS-CoV-2 viral (PCR or antigen) tests. An at-home test can be used ONLY IF it is proctored/observed during a telehealth session. An over-the-counter, at-home test that was self-administered without a proctor cannot be used for this purpose.**

Quarantine Outside of School

- Outside of school, you should still quarantine (i.e., remain in your home/designated self-quarantine location). Do not go to work, church, community events, or public areas.
- Do not invite visitors (including family and friends) to your home/designated self-quarantine location.
- Stay in your own well-ventilated room (windows opened regularly) with the door closed, as appropriate.
- Use a separate bathroom/toilet, if available. Clean bathroom/toilet after every use.
- Separate yourself from other people in your home by at least 6 feet.
- Ask for help if you need groceries, other shopping, or medications during your self-quarantine period.
- If required, ask someone to take your children to school.
- Do not make contact with people at the front (or any other) door.
- Wash hands often with liquid soap and water for at least 20 seconds. Alcohol-based hand sanitizer can be used if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels to dry your hands.
- Do not share eating utensils, towels, bedding, or other household items with other people.
- Wear a face mask when you are in the same room with other people and if you must leave your home/designated self-quarantine location to seek medical care. Minimize contact with others even if you are wearing a face mask.

Monitor and Report Symptoms

- Take your temperature each morning and evening using a thermometer. Write your temperature down.
- **Watch for other COVID-19 symptoms:**

• Congestion or runny nose	• Cough	• Shortness of breath
• Headache	• New loss of taste or smell	or difficulty breathing
• Sore throat	• Nausea or vomiting	• Muscle or body aches
• Fever or chills	• Diarrhea	• Fatigue
- If you develop a fever or other COVID-19 symptoms during the monitoring period, isolate yourself at home and call your healthcare provider. Seek testing as recommended.
 - Most people can recover at home without medical care. You can treat your symptoms with Tylenol for fever, body aches, and pains. Over-the-counter cough medicine may be used to help suppress your cough. Always cover coughs and sneezes with a tissue, and wash your hands frequently. Drink plenty of fluids.
 - Call your health care provider or seek emergency care if you develop trouble breathing or worsening symptoms. Notify your healthcare provider, EMS, and/or hospital in advance of seeking care.
 - You may discontinue self-isolation when:
 - You no longer have a fever without the use of fever-reducing medications for 24 hours, **AND**
 - Symptoms (cough, shortness of breath) are improving, **AND**
 - At least **10 days** have passed since symptoms first appeared.