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Dear Families and Staff,

We are pleased to share updated isolation and quarantine periods in line with the Centers for Disease Control (CDC) [Guidance](#) for Pk-12 schools that have also been adopted by IDPH/ISBE . Quarantine times for *close contacts* have been **reduced to five days as long as the individual is symptom free**. Students and staff members that have tested positive for COVID-19 or have been told by their healthcare provider that they are presumed positive for COVID-19 need to isolate at home for **five days if they are symptom free or symptoms have resolved**. Individuals continuing to experience symptoms including fever, cough, fatigue, difficulty breathing, or chills need to isolate the full 10 days.

As soon as possible, we will contact staff, students and families who are currently quarantined or isolated with a revised return to school plan. The announcement **does not** change the state of Illinois' mask requirement for anyone inside school buildings. The Governor's indoor mask mandate for school is still in effect until further notice.

Staff and students who are **currently isolated due to a positive test result** may be released after 5 days if symptoms are resolving.

Close contacts that are unvaccinated or not up to date on COVID-19 vaccination per CDC guidelines are now required to quarantine for 5 days from their last contact with a positive case as long as they remain symptom free.

In addition, I want to pass along information from IDPH and CDC related to quarantine and recommended isolation periods. Below is a summary of the information.

What is quarantine?

Quarantine means staying home for at least 5 days after exposure to someone diagnosed with COVID-19. This is because someone can be infected with the virus that causes COVID-19 but may not show symptoms. Even though someone may not show symptoms, they can still spread the virus. Quarantine is different from isolation. Isolation is used by someone who has symptoms of COVID-19, or tests positive for the virus that causes COVID-19, even if they don't have symptoms. Isolation helps prevent transmission of the virus by separating people infected with the virus from those who are not infected.

How does this new quarantine guidance impact staff and students if they test positive for COVID-19?

CDC Recommended Isolation Period for Those Testing Positive for COVID-19

- Staff or students who tests positive for COVID-19, regardless of vaccination status, should isolate for 5 days after onset of symptoms, or 5 days from specimen collection date if no symptoms are present.
- Staff or students who test positive for COVID-19 and have no symptoms or their symptoms are resolving can be released from isolation after 5 days. To calculate the 5-day isolation period, day 0 is the first day of symptoms or specimen collection date if asymptomatic. If they continue to have fever or other symptoms have not improved after 5 days of isolation, they should wait to end isolation until they are fever-free for 24 hours and their other symptoms have improved.
- Schools should ensure that staff or students who test positive for COVID-19 also do the following:
 - Continue to wear a well-fitted mask around others (including at home) for 5 additional days after release from isolation. If unable to wear a mask when around others, the case should continue to isolate for a total of 10 days.
 - Avoid being around students or staff who are [immunocompromised or at high risk for severe disease](#).
 - If masks need to be removed (e.g., for lunch), ensure 6 feet of physical distancing until 10 days after symptom onset or positive test.

How does the new quarantine guidance impact staff and students who are considered close contacts to someone who tested positive with COVID-19?

CDC Recommended Quarantine Period for Close Contacts to Someone with COVID-19

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| <ul style="list-style-type: none"> • Ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people. • Ages 5-17 years and completed the primary series of COVID-19 vaccines. • Confirmed COVID-19 within the last 90 days (you tested positive using a viral test). | <p>Quarantine not required</p> <p>Wear a mask around others for 10 days¹</p> <p>Test on day 5, if possible</p> <p>If a person develops symptoms, they should immediately isolate until a negative test confirms symptoms are not caused by COVID-19</p> |
| <ul style="list-style-type: none"> • Ages 18 or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible. • Received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot. • Unvaccinated or have not completed a primary vaccine series. | <p>Stay home and mask around others for 5 days. After that, continue to wear a mask around others for 5 additional days²</p> <p>Test on day 5, if possible</p> <p>If a person develops symptoms, they should immediately isolate until a negative test confirms symptoms are not caused by COVID-19.</p> |

¹ Children who have received the primary vaccination series and are not eligible for booster doses after 5 months for Pfizer, 6 months for Moderna, or 2 months for Johnson and Johnson should not be excluded from school after close contact unless they develop symptoms and test positive for COVID-19. If masks need to be removed (e.g., for lunch), ensure 6 feet of physical distancing until 10 days after exposure.

Thank you for your continued support of our students and teachers. It's been an incredibly difficult year, but we will continue to push along Warrior Strong!

CDC Isolation Guidance for Positive and Close Contacts to Positive Individuals

***Based on CDC Guidance as of 1/7/22 and IDPH Blast on 1/7/22, this is an evolving document.**

*All individuals who have confirmed or suspected COVID or are showing symptoms of COVID-19 must isolate for a full 5 days regardless of vaccination status.

| | Isolation Period | Additional Measures | Notes |
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| <u>Student or Staff tests positive and never develops symptoms (asymptomatic)</u> | Isolate for a full 5 days | <ul style="list-style-type: none"> • Continue to wear a well-fitting mask around others until day 10 (day 6-10) • If an individual cannot wear a mask, they should continue to isolate for 10 days • Avoid immunocompromised and high-risk individuals until after day 10 | <ul style="list-style-type: none"> • Day 0 is the day of positive test and day 1 is first fully day after specimen was collected for positive test • If the individual develops symptoms after testing positive, the 5-day isolation starts over |
| <u>Students or staff who have COVID-19 and have or had symptoms</u> (fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved after 5 days) | Can end isolation after 5 full days if they are fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved | <ul style="list-style-type: none"> • Continue to wear a well-fitting mask around others until day 10 (day 6-10) • If an individual cannot wear a mask, they should continue to isolate for 10 days • Avoid immunocompromised and high-risk individuals until after day 10 | <ul style="list-style-type: none"> • Day 0 is the first day of symptoms • loss of taste and smell may persist for weeks/months after recover and need not delay the end of isolation |
| <u>Students or staff who have COVID-19 and have or had symptoms</u> (are <u>not</u> fever-free for 24 hours without the use of fever-reducing medication and other symptoms <u>have not</u> improved after 5 days) | Wait to end isolation period until fever-free for 24-hours without fever-reducing medication and other symptoms have improved | <ul style="list-style-type: none"> • Continue to wear a well-fitting mask • Once symptoms have improved and individual is fever-free for 24 hours without the use of fever-reducing medication follow other measures listed above • Contact healthcare provider with any questions | <ul style="list-style-type: none"> • Day 0 is the first day of symptoms • loss of taste and smell may persist for weeks/months after recover and need not delay the end of isolation |
| | Isolation Period | Additional Measures | Notes |
| <u>Close Contact to Positive COVID-19 Individual**</u> **Applicable to: | No Isolation Required | <ul style="list-style-type: none"> • Wear Mask around others for 10 days • Test on Day 5, if possible | |

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| <p>Age 18 or older who have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people</p> <p>Age 5-17 years and completed the primary series of COVID-19 vaccines</p> <p>Confirmed COVID-19 within the last 90 days (tested with viral test)</p> | | <ul style="list-style-type: none"> • If a person develops symptoms, they should immediately isolate until a negative test confirms symptoms are not caused by COVID-19 | |
| <p><u>Close Contact to Positive COVID-19 Individual***</u></p> <p>***Applicable to:</p> <p>Age 18 or older who have completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible</p> <p>Received the single-dose JJ vaccine over 2 months ago and have not received the booster</p> <p>Unvaccinated or have not completed the primary vaccination process.</p> | <p>Stay home and mask around others for five (5) days.</p> | <ul style="list-style-type: none"> • Continue to wear mask around others days 6-10. • Test on Day 5, if possible • If a person develops symptoms, they should immediately isolate until a negative test confirms symptoms are not caused by COVID-19 | |