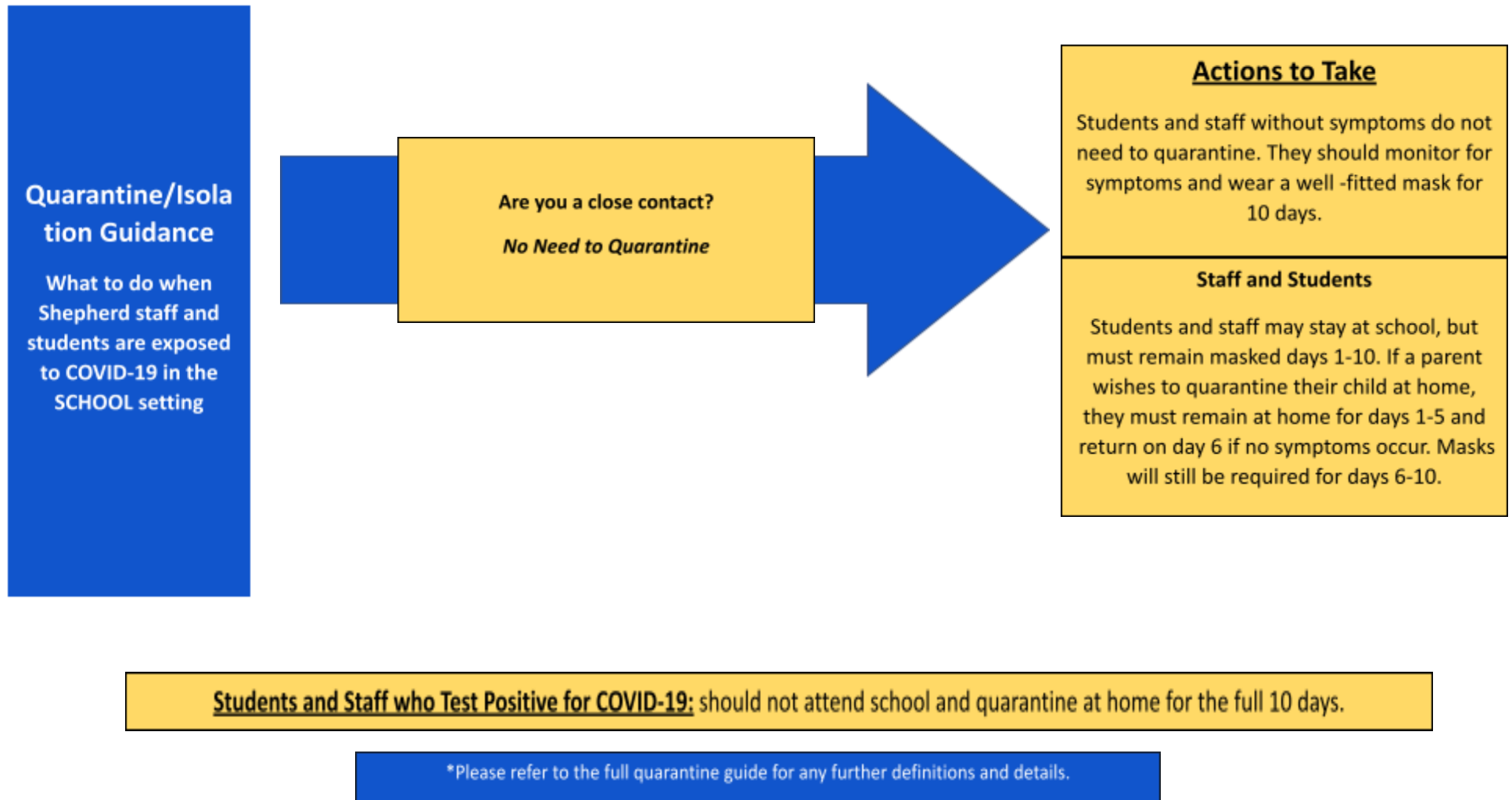
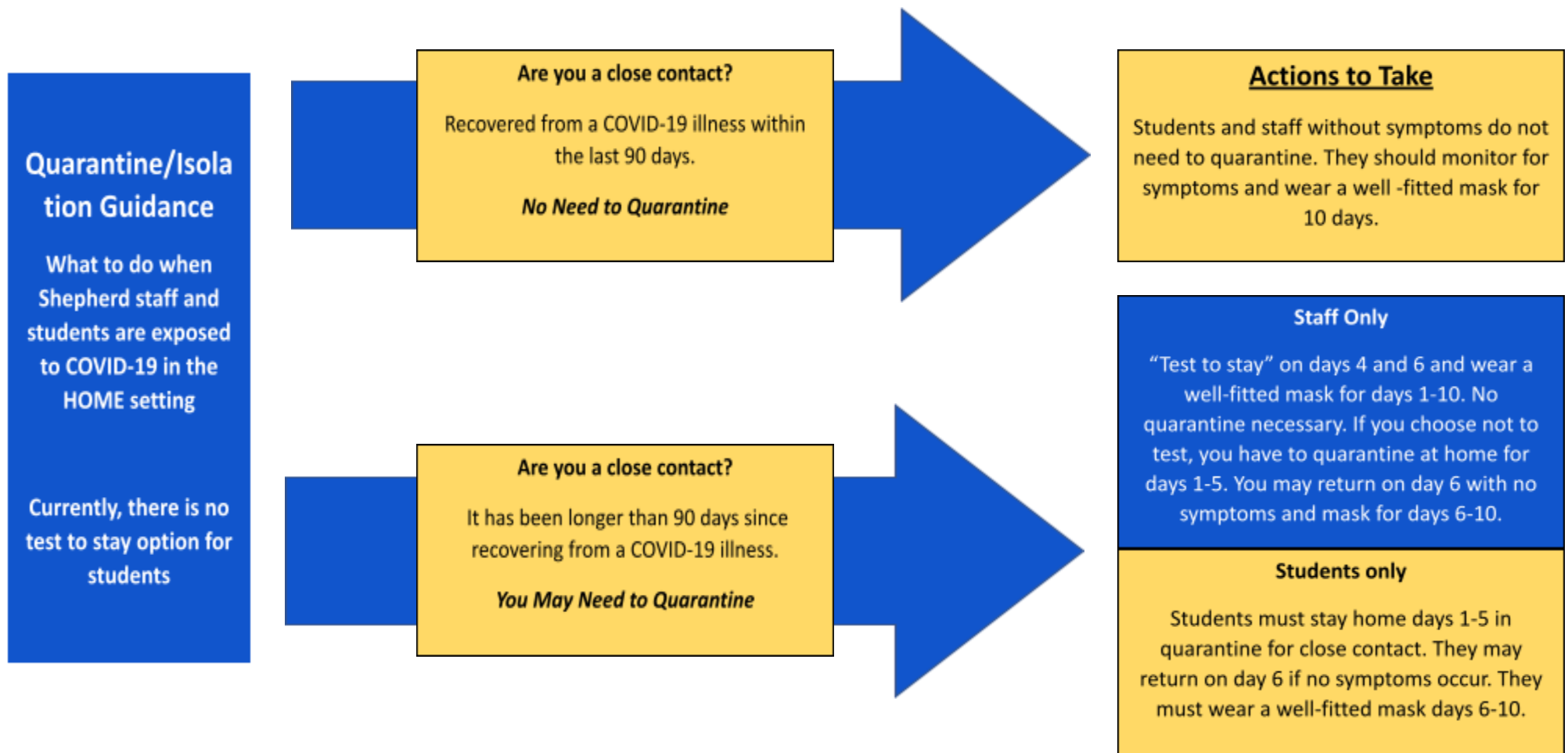


Shepherd Public Schools Quarantine/Isolation Guidance for School Exposure



Shepherd Public Schools Quarantine/Isolation Guidance for Home Exposure

Staff should monitor for symptoms throughout the quarantine period (days 1-10). Day "0" is day of last close contact with any COVID-19 positive person.



Students and Staff who Test Positive for COVID-19: should not attend school and quarantine at home for the full 10 days.

*Please refer to the full quarantine guide for any further definitions and details.

Shepherd Public Schools COVID-19 Quarantine/Isolation Guide

Since the beginning of COVID-19, there have been ever changing guidelines and obstacles to overcome. This has made navigating COVID-19 difficult at best. Yet again, another change has been presented. This change will allow us to bring students and staff into our buildings sooner, keeping our classrooms open and staff members working. Throughout this document, scenarios, management and definitions will be provided.

This new change, effective immediately, will allow staff and students with exposures to return to school after a 5 day quarantine period. The risk of transmission does not end after 5 days, so well-fitted masks will be required to be worn on days 6-10 to help lessen the time out of the classroom. Individuals that are unable or unwilling to wear a mask should continue to quarantine at home for the full 10 days. Staff will also have the option of Test to Stay (TTS). All persons will continue to be required to wear a mask during their quarantine period. We will also continue to require a 10-day home isolation for those that test positive.

The health department will no longer require schools to report close contacts to them, as they are no longer tracing close contacts within the general public. They are shifting focus to high priority settings, such as schools, and congregate settings. However, all positive cases must still be reported. Shepherd Public Schools (SPS) will still trace close contacts within the school and send out alerts accordingly. Any contacts outside of school are the family's responsibility to notify. You can do this anonymously using www.tellyourcontacts.org. The health department will also no longer give quarantine dates to individuals. They will refer you to school for the dates according to their guidelines.

COVID-19 testing and getting into a doctor's office has presented an additional challenge. Recently, covidtests.gov was launched for families to order 4 at-home testing kits. These testing kits are free of charge. SPS is also participating in the MI Backpack Home Test program. This will provide 2 at-home tests for those who choose to enroll. More information will be provided when these kits become available.

CLOSE CONTACT

A close contact is someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes constitutes a close contact.

VIRAL TESTS

Two types of viral tests are used: the nucleic acid amplification test (NAATs) often called the PCR and the antigen test, also referred to as the rapid test. If you are positive on either type of test, please call and notify your applicable school as soon as you are able. Quarantine guidelines and dates will be given to you. If you question your rapid antigen test results, we encourage you to verify your results with a PCR test within 2 days of your rapid test results. **For Staff: Antigen test results do not need to be confirmed with a PCR result, if you had a recent exposure to COVID-19. If you do not have a known exposure, a PCR test may be requested.

MASKS

Well-fitted masks are those that have two or more layers of washable, breathable fabric, or be a surgical-type mask or KN95 mask. They must completely cover your nose and mouth. Masks must also fit snugly against the sides of your face and not have large gaps. They are not to have exhalation valves or vents or be worn under the nose and mouth (CMDHD, Jan 15, 2022).

SYMPTOMS OF COVID-19

- Fever (100.4 or greater) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or Runny Nose
- Nausea or vomiting
- Diarrhea

VACCINATION

Vaccine status will remain a personal choice for staff and students.

UP-TO-DATE VACCINATIONS

Per CDC and MDHHS guidelines (Jan 16, 2022), current up-to-date status on COVID vaccinations means eligible persons have received their primary dose(s) of any COVID-19 vaccination including any booster(s) if eligible.

- Ages 5-11
 - Two doses of Pfizer at least 21 days from each other
- Ages 12-17
 - Two doses of Pfizer at least 21 days from each other AND a booster at least 5 months after the 2nd shot.
- Ages 18+
 - Two doses of Pfizer at least 21 days from each other AND a booster at least 5 months after the 2nd shot.
 - Two doses Moderna at least 28 days from each other AND a booster at least 5 months after the 2nd shot
 - One dose of the J&J AND a booster at least 2 months later

POSITIVE COVID-19 TEST AND QUARANTINE

Anyone that has a positive viral test must quarantine for 10 days, regardless if they have symptoms. Quarantine will begin on the first day after the first onset of symptoms. For example, if a person tests positive on Wednesday but symptoms began on Monday; You would start with Tuesday as day 1 and count to the following Thursday, as day 10. This makes Friday the return

day. For a person with no symptoms, day 1 of quarantine would be the day following the positive test. For example, if a person tests positive on Wednesday; You would start with Thursday as day 1 and count to Saturday being day 10. This would make Monday the return day.

POSITIVE COVID-19 WITHIN THE HOME

For those who have recovered from COVID greater than 90 days; if someone in the home tests positive, they will need to quarantine at home for 5 days. On day 6, if they have no symptoms, they will be able to return to school wearing a mask. On days 6-10 of their quarantine period, they will be required to wear a mask. They will also need to be screened by an office staff member, school nurse or the COVID-19 coordinator to enter the building. Screening will include taking their temperature and reviewing the COVID-19 symptoms as listed above. If any 2 or more symptoms are identified, the child will be sent home. We will ask that a negative COVID test be obtained for your child to return to school. If this is not possible, we ask that you quarantine your child at home for an additional 5 days.

For those who have recovered from COVID within the last 90 days; No home quarantine will be required, however masks will be required for 10 day quarantine period.

ISOLATION

If you or someone in your household tests positive for COVID-19, isolation from the positive person is recommended. Isolation would be separating from others at a separate location if you are able. If you are unable to isolate at another location, isolation within the same house is possible. This includes staying isolated in one room of the house, using a separate bathroom, eating meals separately, and wearing a mask at all times if having to leave the isolation area. The ability to isolate will impact the number of days a mask will be required to be worn at school. Masks will be required for 10 days following the date of the last contact with the positive person.

EXAMPLES FOR THOSE WHO HAVE RECOVERED FROM COVID GREATER THAN 90 DAYS AGO

- Example 1: Isolation was able to take place immediately, the student will quarantine at home for 5 days, returning to school on day 6. Days 6-10 will be masked at school.
- Example 2: Isolation was able to take place on day 3. The student will still quarantine for 5 days, returning to school on day 6. Days 6-10 will be masked at school with an additional 3 days added to be masked.
- Example 3: Isolation was not possible in the home. The student will quarantine at home for 5 days, returning to school on day 6. Days 6-10 will be masked at school with an additional 10 days added to be masked.

EXAMPLES FOR THOSE WHO HAVE RECOVERED FROM COVID LESS THAN 90 DAYS AGO

- Example 1: Isolation was able to take place immediately, the student will be required to wear a mask for 10 days.

- Example 2: Isolation was able to take place on day 3. The student will be required to be masked for a total of 13 days.
- Example 3: Isolation was not possible in the home. Masks will be required to be worn for a total of 20 days.

POSITIVE COVID-19 WITHIN THE SCHOOL

When a positive case has been identified within the school, contact tracing will occur. Through contact tracing, if there are close contacts in the school notifications will be sent. An automated phone call, text and email will be sent out via the contact information previously provided to the school. For Elementary classrooms who have had an exposure, the classroom will mask for the quarantine period of 10 days. For the Middle/High school, if a close contact is identified, those children will also be required to be masked for the quarantine period of 10 days. This process will remain unchanged.

TEST TO STAY **STAFF ONLY**

For those who have recovered from COVID greater than 90 days ago, will have the option to test to stay. Staff members who fall into this category that have been identified as a close contact, will have the option of testing on days 4 and 6 to remain at school. They will also need to be masked on days 1-10. Staff will be required to test with their building administrator, school nurse, or COVID-19 Coordinator before they report for work duties on the identified days. If you choose not to test, the 5-day quarantine period as outlined above, will need to be followed.

SYMPTOMATIC OF COVID-19 AND UNABLE TO OBTAIN A TEST

Per current guidelines from the health department (Jan 15, 2022), those who are at high risk for COVID-19, such as a COVID positive person in the household, and exhibit symptoms but are unable to obtain a COVID-19 test, should quarantine at home for at least 5 days. At the conclusion of 5 days, they may return to school if they are asymptomatic. If they are symptomatic please follow the guidelines as outlined in the next section.

SYMPTOMATIC OF COVID-19 AND NEGATIVE TEST OR A DOCTOR'S NOTE OR UNABLE TO OBTAIN EITHER

If a child is symptomatic of COVID-19, has obtained a negative COVID-19 test or has a doctor's note explaining their symptoms, please use the following guidelines as listed below. If you are unable to obtain either a test or doctor's note, these guidelines are also to be followed. If a child reports to school and any 2 symptoms of COVID-19 are identified, we will request that you pick them up from school.

It has been at least **24 hours** since:

- a fever, WITHOUT the use of fever reducing medications
- Vomiting
- Diarrhea
- Any other doctor's recommendations, condition specific