
*New England
Public School*



HEALTH & SAFETY SMART RESTART PLAN

New England School Board Approved
August ##, 2020

New England Public School Families,

It has been a challenge for our entire community since March, but we hope you have found ways to cope and embrace this new normal. Thank you to the students, staff, parents, and community members who have helped us succeed in these difficult times. The 2019-2020 school year was challenging, but we are proud of students and thankful the district was able to celebrate our seniors' accomplishments with a graduation exercise.

The pressing challenge now is planning for what school will look like during the 2020-2021 school year. This is a daunting task as we all realize how the impact and response to COVID-19 has changed rapidly over the past four months. This plan will try to address these challenges while providing a flexible framework to guide our response over the next school year.

For academic, social-emotional, and economic reasons, we are compelled to strive to return to an in-person model; yet, we cannot disregard the health and safety concerns associated with the virus. The district must consider all practical steps to keep our schools from contributing to virus spread in our community.

This plan presents hundreds of hours of critical thinking, research, modeling, and work by our educators, staff, and school board. This group reviewed input gathered from our employees and parents.

We realize that reviewing this plan may not address every question you have. While we recognize some concepts and actions may be polarizing and strong opinions about what the school should do or should not exist, we must remain open to what is possible and consider all options so we can move forward.

Thank you for reviewing this plan. We encourage everyone to ask questions and communicate their concerns as we move forward. Our school can provide quality education to our children in a safe manner, if we work together to solve problems.

Respectfully,

Kelly Koppinger
Superintendent

Constance Jalbert
School Board President

Introduction

On March 15, 2020, Governor Burgum ordered the closure of North Dakota K-12 schools in an effort to slow the spread of COVID-19 based on guidance from public school superintendents, medical experts and the [North Dakota Department of Health](#) (NDDoH).

As we look ahead to the 2020-2021 school year, North Dakota is positioned to re-open K-12 school buildings to in-person instruction because of our citizens' commitment to following the ND Smart Restart guidance.

Over the past several months, education associations, stakeholders and other partners have collaborated regarding reopening for the 2020-21 school year. A clear theme that emerged from these conversations was the need for timely guidance to aid in planning for a return to in-person instruction, delivery of services, resumption of extracurricular activities and other programs. Each school district is mandated to develop a plan for re-opening.

This plan has been developed with a level of specificity to allow approval by the state and local health departments and the [North Dakota Department of Public Instruction](#). At the same time, the plan allows for latitude and flexibility, so the district can respond to directives from health officials. As of July 15, 2020, New England Public School plans to open school in our Blue/Green phase, as identified by the color-coded guidance in the ND Smart Restart Plan. However, if necessary New England Public School will move to a different phase as directed by state or county health officials. Currently, the state is under Blue/Green Guidance and we will be utilizing the following guidelines developed in collaboration with county health officials:

- PreK-3: Students and staff will wear masks when entering and exiting the building before and after school. We will develop lunch schedules and logistics that allow students to eat in smaller groups while maintaining social distancing.
- Grades 4-12: Students and staff will wear masks when entering the building before school. Students and staff are highly encouraged to wear masks since they are mixing with different groups each period throughout the day. We will develop lunch schedules and logistics that allow students to eat in smaller groups while maintaining social distancing.
- Home-screening: The district will provide staff and families with home-screening protocol for COVID-19 which requests staff to self-screen and parents to screen children every morning before school. Families will also receive updated guidance on when to keep children home if they are sick.
- Transportation: All students, drivers, and staff on buses will wear masks; the exception will be a classroom cohort or team that ride the bus together for an activity. Parents are encouraged to provide transportation if possible.
- Hygiene: All students and staff will wash hands frequently throughout the day. Schools and

classrooms will develop protocols and reminders to facilitate handwashing. The district is also implementing increased sanitation protocols across all buildings.

Assumptions & Assurances

New England Public School believes:

- Every student should have the opportunity to engage in learning regardless of the spread of COVID-19 in our community.
- Schools have a vital role in providing safe environments for students focusing on both social-emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members, we can solve most challenges.
- Our district will make decisions based on the most current guidance from local, state, and national health care officials.
- Our School Board will ensure our plan meets the needs of our students, educators, staff and community.

Our Planning Team

The New England Public School's Return to Learning Plan was crafted and reviewed by a team consisting of the following:

- Educators
- Custodial Staff
- Parents
- School Nurses
- Your local health office ([NDDoH](#))
- Secretary
- School Board member
- School Principal

Input was gathered by various means to allow for a wide range of input while maintaining social distancing.

Communications

New England Public School Communication Plan:

Summer

The district will communicate with students and parents regularly using the following strategies:

- Thrillshare, our campus messaging system
- The district website: <https://www.nepstigers.com>
- Facebook
- Our local paper – The Herald
- Microsoft Teams

Based on feedback, communication will be streamlined and limited to these tools to help parents and students navigate changes and important information.

New England Public School will communicate with the community through local media outlets and the district website. These communications will include regular updates, especially when there are changes to our instructional model or to health guidelines.

New England Public School administration communicates with the School Board regularly through email updates, and maintains open lines of communication with local legislators.

The district communicates regularly with local health officials, seeking feedback on all health related aspects of our district planning. All directives from health officials will be included in communication with students, parents, staff, and the community.

The district communicates with staff on an ongoing basis through email updates and Thrillshare. This information includes COVID-19 related information, including leave, safety, rights, etc.

Administration meets regularly with other administrators most weeks receiving updates related to re-opening. Important information related to COVID-19 and potential impacts are discussed in these meetings.

New England Public School will communicate the district's reopening plan by the end of July. Ongoing communication from the district and schools will occur regularly as we move forward into the 2020-2021 school year.

Immediately Prior to Opening

New England Public School will communicate with students, parents, and the community in the weeks leading up to school starting. Communication will run through Thrillshare, the district website, Facebook, and media releases. Each communication will include details essential to families and the community, such as transportation plans, health screening checklists, information about school supplies, arrival/morning logistics, etc.

For district staff, communication will run through Thrillshare, email updates and the district website, as well as staff

meetings at the building level.

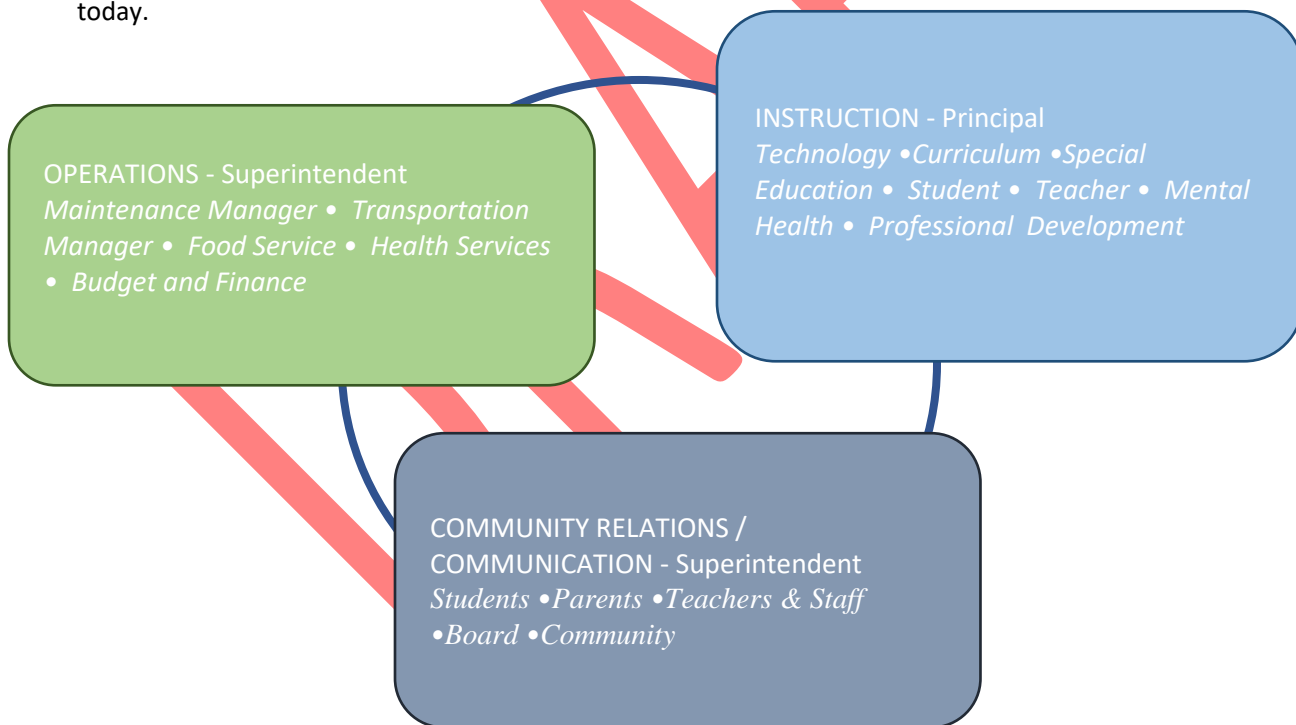
When Schools are Open and Operating

Once school begins, New England Public School will continue to communicate with students, parents, and the community on a regular basis. Communication will run through Thrillshare, Facebook, the district website, and media releases.

For district staff, communication will run through email updates, Thrillshare, Facebook, as well as staff meetings at the building level.

COVID-19 Response Team & Coordinators

This organizational structure was crafted to assist in the development and monitoring of the district return to learning plan. This structure identifies leaders and guiding team members that will serve as a voice in how the district responds to COVID-19 during the school year. This plan is designed to address the issues of reopening as well as provide a nimble and responsive process to address issues that may not be recognized today.



The three components have been identified as key operational teams that consist of multiple departments. Each operational team will work implement the return to learn plan and address challenges as they arise.

COVID-19 Building Level Coordinators

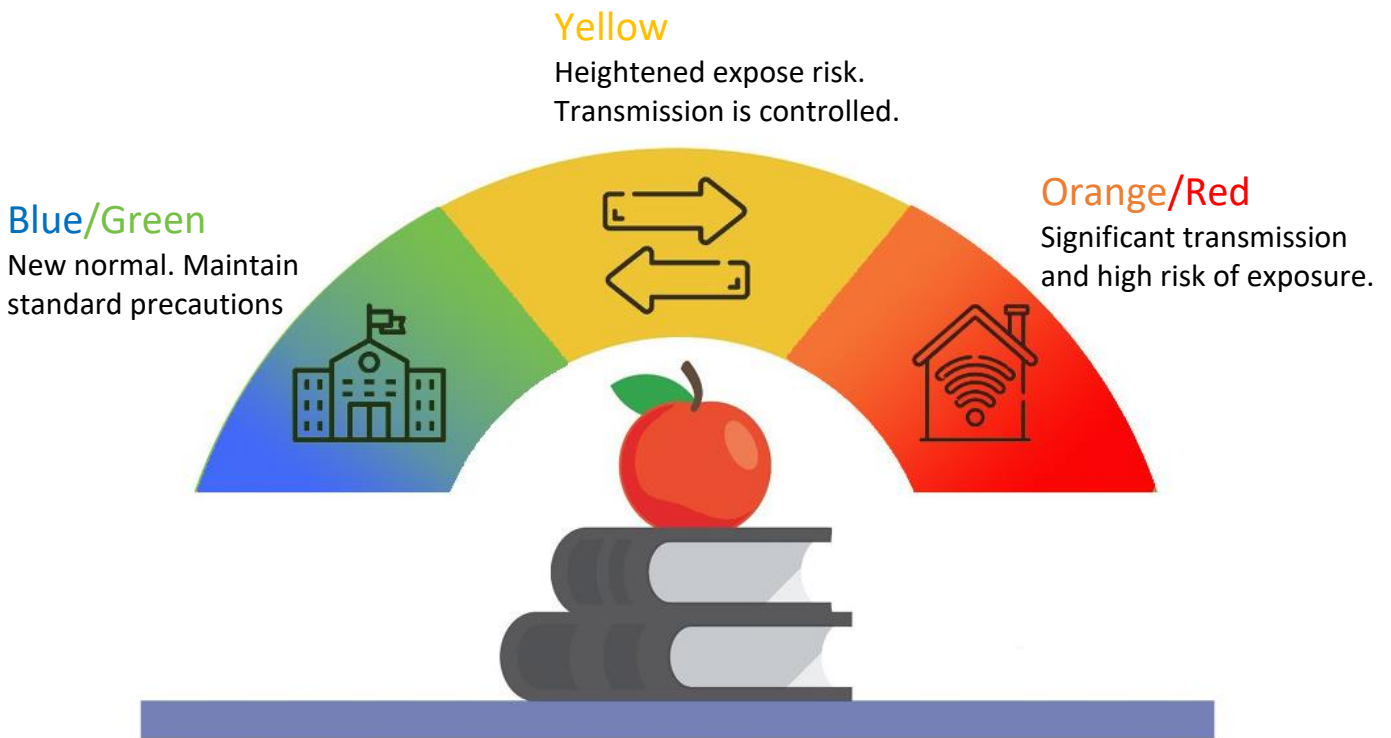
New England Public School will have an identified COVID-19 Coordinator who will be responsible for the health and safety preparedness and response planning. The coordinator will make themselves available to the [NDDoH](#) 24 hours a day / 7 days a week to respond to phone calls from public health. This position will assist public health in identifying and notifying close contacts in the school setting. The coordinator will be report cases of COVID-19, found in the school setting, to health officials and the State Superintendent's office.



Kelly Koppinger, superintendent, will assume the role of building level coordinator in all New England Public School building. If the coordinator is unable to be reached the secondary contacts will be the principal, Lori Fitterer.

Phases

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the ND Smart Restart Plan. Each level is reported to schools by the [NDDoH](#) after rigorous testing and assessment of cases in the community. [ND Smart Restart Plan](#)



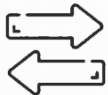
Instructional Models

The instructional models used by the district will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This guidance could be altered based on other factors, such as occupancy levels, age of children, and ability to move certain classes online.



Traditional Learning

All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.



Blended Learning

Students report to school on a modified schedule. Multiple hybrid models of instructional delivery may be appropriate to meet the educational needs through a variety of delivery models.



Distance Learning

All instruction is provided off-campus through the use of distance learning resources or suited to the unique needs of the student.

Health and Safety Guidance

The district strives to provide a healthy and safe environment for all who occupy our schools. The following guidelines are intended to provide a framework for the district's response to COVID-19.

Resources

ND Department of Public Instruction - <https://www.nd.gov/dpi/parentscommunity/nddpi-updates-and-guidance-covid-19>

ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>

Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Best Intentions

Despite taking every reasonable precaution, there is not a guarantee that our school will be without risk as it relates to COVID-19. The virus will be present on our buses, in our classrooms, and at our activities. In certain situations, social distancing is not possible in a school setting. Our actions, as outlined in this plan, will not prevent any student or staff member from being in contact with the virus.

Protect Yourself and Others

Wash your hands often



- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students are encouraged to wash their hands often throughout the day.

Avoid close contact



- Keeping social distance from others is especially important for people who are at a higher risk of getting sick.
- Alternate or modified schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation may be considered.
- The sharing of instructional materials should be limited as much as possible.
- Physical separation on busing, one student per seat, will be recommended but cannot be guaranteed.
- No visitors past the front door.
- Limited visitor access (by appointment; official school business only)
- Visitors REQUIRED to wear face-covering if entering the building.
- Late Arrival- Guardian will bring student no further than vestibule.
- Early Pick-up- Guardian will enter the vestibule and wait for student.

Cover coughs and sneezes



- Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw tissues away, and wash hands, or use hand sanitizer to prevent spread.

Clean and disinfect



- School staff should clean and disinfect frequently touched surfaces daily.
- If materials are shared, they should be cleaned.
- Classrooms will be cleaned nightly by custodial staff.

Cover your mouth and nose with a cloth face cover when around others.



- The wearing of masks will be applied in phases based on the phases within the [ND Smart Restart Guidance](#).
- Educators need to teach students how to properly wear a face covering so they are prepared to use them on school buses or other situations in close proximity with others.
 - Resources from NDDPI and NEPS will be provided to teachers.
- In specific instances the wearing of a face covering may be required. These are explained in the table below.



New England Public School COVID-19 PPE Guidance

STAFF	PPE
All staff	Encouraged to wear cloth face coverings Required to wear face coverings on school transportation (bus)
All Students	Encouraged to wear cloth face coverings. Required to wear face coverings if using school transportation (bus)
Public-facing staff (i.e. receptionists/clerical) unless plexiglass partition is in place.	Required face shield or cloth face mask
Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e. Nurse, SPED, EL, educator)	Building administrators in consultation with district nurse and educator will determine if face coverings or face shield are required . This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.
All staff	Required to wear a cloth face covering.
All Students	Required to wear a face mask. Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
<i>All staff and students in school transportation</i>	Required to wear a face covering

Monitor your health daily



- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick should stay home.
- Temperatures of symptomatic students or staff may be taken at the school office.
 - Symptomatic students will be isolated, and their guardians contacted.

Health & Safety Protocols

Student & Staff Health

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. New England Public School will take the following measures to ensure all students and staff are healthy while they are at school.

Identifying Students & Staff at Higher Risk

Back-to-School and enrollment processes will include a questionnaire asking families to identify if their child is at-risk, based on a health professionals' diagnosis. This information will be provided to the building principal and COVID-19 Coordinator who will contact the family and discuss instructional model options.

Administration will survey all employees if they are at-risk, based on a health professionals' diagnosis. Administration may work with the employee to coordinate adjustments to the work schedule or workplace.

The [NDDoH](#) or our local health unit will inform the district of a student or staff member who is COVID-19 positive. That information will be passed on to the building principal or coordinator as allowable within district policy and law.

Isolation & Quarantine

- Definitions (see appendix for more information).
 - Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
 - Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.
- New England Public School will follow isolation and quarantine guidelines and directives as set by [NDDOH](#) and Southwest District Health Unit.

If a student or staff members becomes sick at school (or school event)

- Student
 - Direct / escort the child to the office.
 - The child shall be provided a facial covering and isolated in the building sick room.
 - Parent / guardian will be contacted to pick up their child.
- Staff
 - If supervising students at that time, inform your supervisor immediately and wear a face mask / shield until a substitute is arranged.

- Leave the school building/grounds and consult with a health care professional.

Return to School

- When a student or staff member has been isolated or quarantined as directed by [NDDoH](#) or Southwest District Health Unit, they will be allowed to return to school after being cleared by the [NDDoH](#).

Guidance for Grade Level & School Building Level Closure

This is intended as guidance for COVID-19 Coordinators and school leaders on when to close classrooms, grades, and buildings.

- Close contact as defined as being within six feet of another individual for fifteen minutes or greater.
- If a school is closed for any length of time, the district will determine which mode of instruction will resume.
- [NDDoH](#) may close a school at its discretion.

Facility Accommodations & Protocols

The school district will operate all facilities in a way that maximizes social distancing, use of face coverings, and appropriate hygiene measures. When social distancing is not possible, staff and students should wear face coverings to the greatest extent possible.

District cleaning and sanitation protocols will meet expectations of county health. The district will inform students and parents of requirements and protocols, and signage will be displayed when and where appropriate as reminders.

Parents will screen their children daily for symptoms of COVID-19 before sending their children to school. Staff will be directed to self-screen daily. The district will provide parents and staff with protocols for daily screening.

New England Public School will follow the guidance provided by the North Dakota High School Activities Association. Students will be screened prior to participating in all activities. Athletics and activities will employ enhanced sanitation and cleaning measures as directed by public health.

Nutrition Services

The district will operate nutrition services in a way that maximizes social distancing, use of face coverings, and appropriate hygiene measures. District cleaning and sanitation protocols will meet USDA, state health department, and federal foodservice guidelines. The district will eliminate self-serve options from district nutrition services. Staff will serve items to students instead of self-service. Schools will eliminate shared tables and salad bars.

Transportation

If a family is uncomfortable with our transportation plan, the district will encourage families to provide their own transportation when possible. Students and staff riding buses will be required to wear masks. Bus riders will also social distance when possible. Drivers will provide riders with masks if they forget their own personal

mask. The district will enhance sanitation and cleaning measures based on guidelines provided by state and/or federal agencies.

Operational Guidance

Blue / Green	
Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Implement reasonable accommodations to reduce school-wide and community spread.
Districtwide Practices:	<ul style="list-style-type: none"> • Social distancing where possible and reasonable. <ul style="list-style-type: none"> ○ Distancing on a school bus will be unachievable, we encourage parents to consider alternate transportation for their child. • Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas. • Handwashing integrated throughout the day. • Hand sanitizer available throughout each building. • Support and train parents on use of technology tools and online curricular resources. • Protective measures will be implemented in office spaces. • Some school events, assemblies and gatherings may be changed or cancelled. • Access to campus may be limited, with new protocols.
Classrooms:	<ul style="list-style-type: none"> • Students issued “technology” and trained on how to access online learning resources including LMS system adopted by school. • Limited use of shared materials and supplies. • Desks arranged to allow for cohort groups and social distancing where possible and reasonable. • Staff and students working in close proximity will be advised to wear a face covering.
Common Areas:	<ul style="list-style-type: none"> • Students will travel in cohort groups and reasonably try to limit exposure to other groups. • Schedules may be altered to reduce cohorts passing in common areas. • Lunch times and location may be altered to reduce the number of students in the cafeteria at any one time.
Extracurricular& Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.
Communications:	<ul style="list-style-type: none"> • Share information about how to stop the spread of COVID-19.

Yellow

Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Maximize social distancing cohort where possible. • Support blended learning model.
Districtwide Practices:	<ul style="list-style-type: none"> • Based on identified COVID cases of students and staff, targeted closures may be implemented (class, grade, department, etc). While other schools remain open and meeting students in person. • Social distancing where possible and reasonable. <ul style="list-style-type: none"> ○ Distancing on a school bus will be unachievable, we encourage parents to consider alternate transportation for their child. • Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas. • Handwashing integrated throughout the day. • Hand sanitizer available throughout each building. • Support and train parents on use of technology tools and online curricular resources. • Implement technology support line. • Protective measures will be maintained in office spaces. • Some school events, assemblies and gatherings may be changed or cancelled. • Access to campus may be additionally limited.
Classrooms:	<ul style="list-style-type: none"> • Students may be attending school on a hybrid schedule. • Students will be expected to engage in learning opportunities online using district LMS system on days they are not in school. • Teachers are expected to make direct student/family contact at least ##### times per week. • Limited use of shared materials and supplies when students are in school. • Desks arranged to allow for cohort groups and social distancing where possible and reasonable. • Staff and students working in close proximity will be advised to wear a face coving.
Common Areas:	<ul style="list-style-type: none"> • Address how your students might move around when they are not with a cohort group - limit exposure. • Address whether schedules might be altered to reduce cohorts passing in common areas. • Address your Lunch times and locations and how they may be altered to reduce the number of students in the cafeteria at any one time
Extracurricular& Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.
Communications:	<ul style="list-style-type: none"> • Share information about how to stop the spread of COVID-19.

	<ul style="list-style-type: none"> • Share technology support resources for parents.
--	---

Orange/Red	
Priorities:	<ul style="list-style-type: none"> • Reduce the risk of community spread by closing schools.
Districtwide Practices:	<ul style="list-style-type: none"> • Online instruction will be used district wide in all courses at all grade levels. • Instruction will focus on essential learning targets. • Attendance and academic progress will be expected. • Grading policies will not be suspended. • Implement internet access (wifi) hot spots around schools, to support distance learning for those that may not have it in their homes. • Local food distribution may be implemented by food service program. • Closed to the general public except by special arrangement with the district office. • Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.
Classrooms:	<ul style="list-style-type: none"> • Students will engage in learning at the home. • Students will be expected to engage in learning opportunities online (whatever your LMS system). • Teachers are expected to make direct student/family contact at least one time per week.
Extracurricular & Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities. • Athletic and other extra/co-curricular activities likely suspended.
Communications:	<ul style="list-style-type: none"> • Clear communication about academic expectations and grading shared with students and families. • Share technology support resources for parents. • Student/family support hot-line opened.

Operational Guidance - Special Populations (IEP, 504, English Learners, Etc.)

The needs of students in special populations, such as those on an IEP/504 plan, those requiring English Learner or other services, will be met through a variety of strategies adapted to the unique needs of each

child. Students in these populations may be provided additional services and supports, daily in-person instruction, small grouping, or other strategies that best address academic, social, and health and safety needs.

Families with students in special populations should contact their building principal and/or case manager to discuss these options and to appropriately plan for their child’s instructional model.

Following guidance our case managers will be in contact with each IEP students guardian and required team member to plan for services and accommodations. Plans should be made for continuation of services within a “Services at school” and “Services Online” model to be prepared for both scenarios.

The following is a service standard, for students on IEP’s. It could be adapted for 504 plans and those needing specialized services such as English Language Learners.

Blue / Green		
	Face-to-face	Distance Learning
Providing Services (FAPE)	Services provided based on individual needs on IEP.	Distance Learning Plan based on individual needs on IEP.
IEP Meetings	Meetings have the option of taking place in person in the building or through virtual means (phone, zoom, etc)	Meetings will take place through virtual means.
Assessments	WRSS will complete evaluations/assessment within in the 60 day IDEA guideline	WRSS will complete evaluations/assessment within the 60 day IDEA guideline. The evaluation team will determine the best method of assessment (e.g. virtual or face-to-face).

*When a student has to stay home due to COVID-19, the student’s IEP team will review the student’s current IEP and create and consider a contingency plan and determine if a change in placement is needed/appropriate.

Yellow		
	Face-to-face	Distance Learning
Providing Services (FAPE)	Services provided based on individual needs on IEP and District’s Restart Plan will determine student’s method of instruction	Distance Learning Plan based on individual needs on IEP.
IEP Meetings	A District’s Restart Plan will determine the method of holding IEP meetings. Meetings have the option of taking place in person in the building or through virtual means (phone, zoom, etc)	Meetings will take place through virtual means

Assessments	WRSS will complete evaluations/assessment within the 60 day IDEA guideline. The assessment team in collaboration with the District's Restart Plan will determine the method of how assessments will be given (e.g. virtual vs. face-to-face) and the location.	WRSS will complete evaluations/assessment within the 60 day IDEA guideline. The assessment team in collaboration with the District's Restart Plan will determine the method of how assessments will be given (e.g. virtual vs. face-to-face) and the location.
-------------	--	--

Orange/Red		
	Face-to-face	Distance Learning
Providing Services (FAPE)	Services will cease in person as determined by the District's Restart Plan and in collaboration with District administration. Service methods: will be virtual only. All Services shift to Online learning	Distance Learning Plan based on individual needs on IEP.
IEP Meetings	All meetings in this phase will be done through phone calls, and /or virtual setting	Meetings will take place through virtual means
Assessments	WRSS will make efforts to complete evaluations/assessment within the 60 day IDEA guideline. The assessment team in collaboration with the District's Restart Plan will determine how assessments will be done virtually. Three year reevaluations should consider all options available to the school districts and WRSS.	WRSS will make an effort to complete evaluations/assessment within the 60 day IDEA guideline. The assessment team in collaboration with the District's Restart Plan will do assessments virtually..

Parent Health Checklist

Parents are asked to review this daily health checklist by answering these questions before sending their child to school.

(Parents do not need to send the questionnaire to school)

Has your child had close contact with a confirmed case of COVID-19 in the past 14 days? The U.S. CDC defines a close contact as anyone who was within 6 feet of an infected person for at least 15 minutes cumulative throughout the day starting two days before the onset of symptoms until the time the patient is isolated.

Yes ___ No ___

Does your child have a new or worsening shortness of breath?

Yes ___ No ___

Does your child have new or worsening cough?

Yes ___ No ___

Does your child have a fever of 100.4 or greater?

Yes ___ No ___

Does your child have a headache or body aches?

Yes ___ No ___

Does your child have chills?

Yes ___ No ___

Does your child have a scratchy or sore throat?

Yes ___ No ___

Does your child have a new loss of taste or smell?

Yes ___ No ___

Has your child complained of nausea, vomiting, or had diarrhea?

Yes ___ No ___



If **YES** to any of the questions **STOP!**

Do not send your child to school. Contact your healthcare provider. Contact your child's school to inform them of your child's absence.



If you are able to answer **NO** to all questions, go to school.

COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
Who is it for?	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
What is it?	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
Where does it take place?	Takes place outside the home in public places like grocery stores and work environments.	Takes place in a home setting.	Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.
When do I use it?	At all times until further directed by the ND Department of Health.	If you have recently traveled internationally or have known exposure to the virus.	If you have tested positive or have symptoms and have not yet obtained a test.
How long is it for?	At all times until further directed by the ND Department of Health.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	A minimum of 10 days from the beginning of symptoms and 72 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
What does this mean for my daily life?	<ul style="list-style-type: none"> • Avoid large gatherings. • Stay 6-feet away from people. • If you are unable to stay 6-feet away from other people, wear a cloth face covering. • Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk. • If possible, work from home. • Practice good hygiene and avoid shaking hands or touching your face. • If you become ill and need medical attention, call your health care provider. 	<ul style="list-style-type: none"> • Stay at home and avoid close contact with others. • Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people. • Call or video-chat loved ones. • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. • Monitor your symptoms. If you become ill and need medical attention, call your health care provider. 	<ul style="list-style-type: none"> • Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom. • If you have a pet and live with others, do not touch your pet. • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation. • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. • If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom. • Contact your health care provider immediately if you experience severe symptoms.