

KENMARE PUBLIC
SCHOOL
HEALTH & SAFETY
SMART RESTART PLAN



Kenmare School Board Approved
August 13, 2020

Dear Kenmare 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 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 that the health and safety concerns associated with the virus remain. The district must consider all practical steps to keep our schools from contributing to virus spread in our community.

A Smart Restart Task Force, comprised of parents, teachers, administration, custodial staff, kitchen staff, and school board members, was created to develop the following plan. Our overarching goal is to ensure our students and staff are kept healthy and safe while providing an education geared toward success.

We realize that reviewing this plan may not address every question you have. We also recognize that not everyone will be in complete agreement with what has been developed. It is important to maintain a continued focus on what is most important...our students.

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

Respectfully,

Tim Godfrey
Superintendent

Blaine Huff
School Board President

Kenmare School District Smart Restart Task Force

- Blaine Huff-School Board Chair
- Melissa Burud, RN-Community Health Nurse, School Board member
- Tim Godfrey-Superintendent, COVID Coordinator
- Alex Hennix-Elementary Principal
- Keely Heidel-Dean of Students
- Jerry Mickelson-Director of Building and Grounds
- Kacy Keysor-Athletic Director
- Lindsay Bazille-Kitchen Manager, Students Nutrition Officer
- Fay Froseth-HS and Elementary Librarian, Emergency Operations Officer
- Devonne Hanson-School Counselor, Crisis Officer
- Taylor Cunningham-Tech Integrationist, Information Officer
- Pastor Brad Griffin-Community Pastor
- Kara Keysor-PreK Teacher
- Terese Schmidt-5th Grade Teacher
- Michelle Bauer-Parent
- Melissa Sagness-Parent, PTO President
- Krista Alexander-Parent
- Allisha Britton, Kenmare Chief of Police
- Pastor Michon Weingartner-Community Pastor, Director of Transportation

Assumptions & Assurances

Kenmare School believes: Today's Student, Tomorrow's World!

- 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

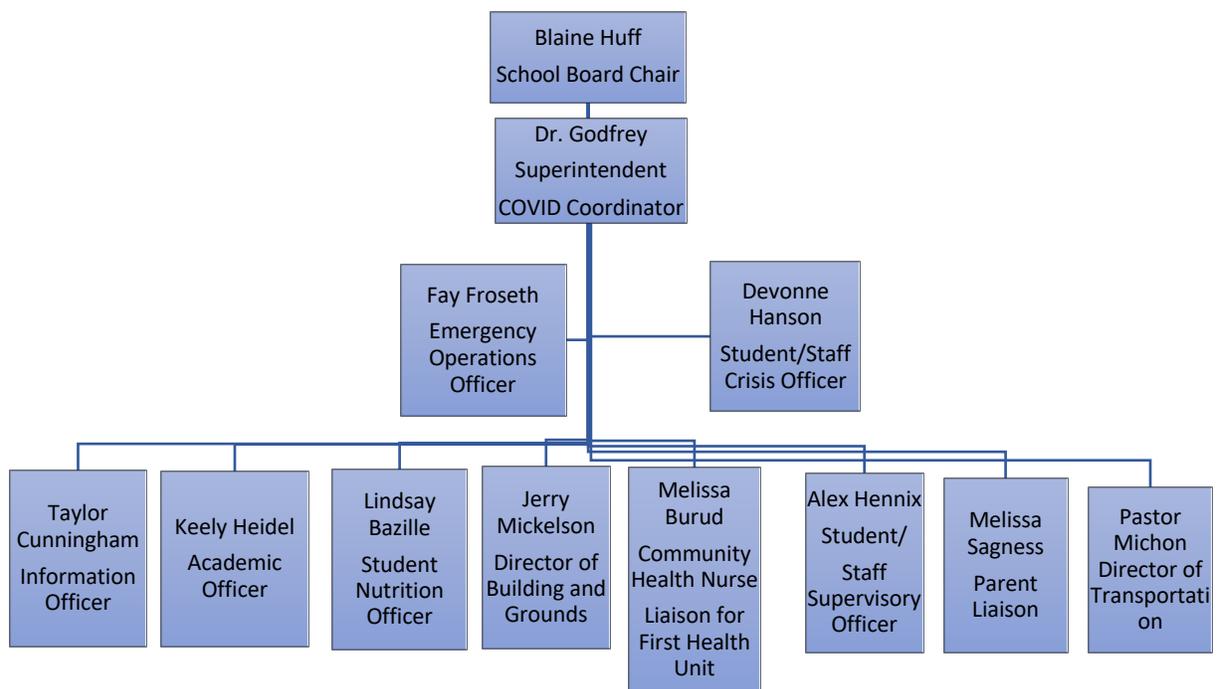
The Kenmare School District Smart Restart plan was crafted and reviewed by a team consisting of the following:

- Educators
- Custodial Staff
- Parents
- Community Health Nurse
- First Health Unit
- School Board members
- School Principals

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

COVID-19 Response Team & Coordinators

Kenmare Smart Restart Organizational Chart



Levels for Re-opening

Our goal in this plan is to maximize the opportunity for face-to-face learning experiences for our students. Due to the volatility of COVID-19, we must be prepared for any and all unexpected changes in the spread. The following risk levels were designed to guide us in our plan for re-opening school. The levels also assist us should conditions change rapidly and we must shift to a different mode of instructional delivery. These levels align with the color-coded guidance from the ND Smart Restart Plan and are reported by the ND Department of Health.

Yellow

Heightened exposure risk.
Transmission is controlled.

Blue/Green

New normal. Maintain
standard precautions

Orange/Red

Significant transmission
and high risk of exposure.



Health and Safety Guidance

Kenmare School 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 no 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



- Keep social distance from others especially if you are at a higher risk of getting sick.
- Alternate or modified schedules, will be used for all commons areas to minimize close contact.
- The sharing of instructional materials will be limited as much as possible.
- Physical separation on busing, one student per seat, will be recommended but cannot be guaranteed.
- All visitors (including parents) will have to wait at the front door until a staff member physically opens the door for them. We will ask that any visitor please call the office first before arriving. Visitors will only be allowed in the administrative office while students and staff are present in the building.

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 will clean and disinfect frequently touched surfaces daily.
- Shared materials will be minimized.
- 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 MPS will be provided to teachers.

- In specific instances the wearing of a face covering (mask) may be required. These are explained in the table below.
- The wearing of face masks is not required in the Green or Yellow stage. In the Red stage it may be required if determined to be necessary in consultation with local health officials.



Kenmare School District 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. | 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. |

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.
- Staff and students who are sick should stay home.
- Temperatures will be taken at the door for every individual entering the building.

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. Kenmare School District will take the following measures to ensure all students and staff are healthy while they are at school.

Identifying Students & Staff at Higher Risk

- As system will be established to identify students and staff who are high risk. Both students and staff who are as high risk will be given the option to distance learn/instruct.

Isolation & Quarantine

- Definitions.
 - 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.
- Kenmare School District will follow isolation and quarantine guidelines and directives as set by NDDOH and First 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
 - Inform your supervisor immediately and wear a face mask / shield until they can be replaced if supervising students at that time.
 - 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
 - You need to remain at home until 10 days have passed since your symptoms began **AND** you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications **AND** symptoms are improving. Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, as long as they are asymptomatic for the duration of their isolation.

Distance Learning

*Any parent not comfortable with their child returning to school this fall may elect to participate through distance learning. Distance learning classes will be conducted simultaneously with face-to-face classes. Attendance and the district adopted grading

scale/policy will also be in effect. For those parents electing distance learning for their child, they must remain in the mode of instruction for the entire semester.

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 6 ft. of another individual for 15 min or greater.
- As directed by NDDoH, schools may be required to temporarily close if and when there is an active case involved with a student or staff member and that individual was in contact with others in the school environment.
- If a school is closed for any length of time, the district will determine which mode of instruction will resume.

Levels for Learning Model Systems (LMS)

Face-to-Face

***All visitors to either building are asked to call ahead and wait at the main entrance to be allowed in by a staff member. All visitors are required to wear a mask and will have their temperature taken before being allowed into the building.**

| Blue / Green | |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Priorities: | <ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. Parents are asked to screen their children daily before sending to school. • Temperatures will be taken at the front door. Any student or staff member with a temperature of 100.4 degrees or more will be asked to return home. They must maintain a temperature of less than 100.4 degrees for 24 hrs. without fever reducing medication or submit a note from a doctor verifying the illness is from something other than COVID before being allowed back in the building. • 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 may be unachievable, we encourage parents to consider alternate transportation for their child. • Desks will be placed at least 6 feet from each other to follow social distancing guidelines. In areas where this is not possible, students and staff will be asked to wear a cloth face covering. • Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas. |

| | |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> • Handwashing integrated throughout the day. • Hand sanitizer available throughout each building. • Google Classroom and Zoom will be used for distance learning option. |
| 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 and not having the ability to social distance will be required to wear a face mask. |
| Common Areas: | <ul style="list-style-type: none"> • Students when moving around the building will move 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"> • Parents and community members will be informed via the district's variety of communication platforms: social media, district webpage, blast messaging, written correspondence. |

Hybrid

***All visitors to either building are asked to call ahead and wait at the main entrance to be allowed in by a staff member. All visitors are required to wear a mask and will have their temperature taken before being allowed into the building.**

| Yellow | |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Priorities: | <ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. Parents are asked to screen their children daily before sending to school. • Temperatures will be taken at the front door. Any student or staff member with a temperature of 100.4 degrees or more will be asked to return home. They must maintain a temperature of less than 100 degrees for 24 hrs. without fever reducing medication or submit a note from a doctor verifying the illness is from something other than COVID before being allowed back in the building. • Implement reasonable accommodations to reduce school-wide and community spread. • Will follow and AB schedule. Half students in the building and half at home with simultaneous face-to-face and online instruction. |

| | |
|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Districtwide Practices:</p> | <ul style="list-style-type: none"> • Based on identified COVID cases of students and staff targeted closures may be implemented. • Social distancing where possible and reasonable. <ul style="list-style-type: none"> ○ Distancing on a school bus may 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. • Implement technology support line. • Google Classroom and Zoom will be used for distance learning option. |
| <p>Classrooms:</p> | <ul style="list-style-type: none"> • Students will 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 one time 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 and not having the ability to social distance will be required to wear a face mask. |
| <p>Common Areas:</p> | <ul style="list-style-type: none"> • Students will move through commons areas in cohort groups. Movement will be limited and cohort groups will practice social distancing when transitioning. • Schedules will be altered to reduce cohorts passing in common areas. • Lunch times and locations will be altered to reduce the number of students in the cafeteria at any one time. Some groups will be required to eat lunch with their cohort group and in classrooms to minimize close contact. |
| <p>Extracurricular & Activities:</p> | <ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities. |
| <p>Communications:</p> | <ul style="list-style-type: none"> • Parents and community members will be informed via the district's variety of communication platforms: social media, district webpage, blast messaging, written correspondence. |

Distance Learning

| Red/Orange | |
|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. • Kenmare adopted grading policy will be in effect. • Food distribution will be implemented by food service program. • Google Classroom and Zoom will be used for distance learning option. |
| 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. • Parents and community members will be informed via the district's variety of communication platforms: social media, district webpage, blast messaging, written correspondence. |

Standard Operating Procedures

Blue/Green

- Busses will unload one at a time
- Temperatures will be taken as students board the bus
- Temperatures will be taken for everyone entering the building
- Any student or staff with a fever of 100.4 or higher will report to the office
- Lunch times will be staggered to minimize congregating in the commons area, some students may be eating in classrooms on a rotating schedule

- Seating will be assigned for both breakfast and lunch
- Wearing cloth face coverings or face shields will be mandatory in situations/areas where social distancing is impossible (i.e. bus, crowded classroom)
- Any student or staff member becoming sick during the day will be asked to go home
- Distance learning will be provided for students whose parents do not feel comfortable sending them to school
- Distance learning will be real time and occur simultaneously with in class instruction
- Attendance will be taken and the adopted district grading procedures will be followed
- Breakfast and lunch will be provided for students distance learning-delivery of meals will not be provided: parents or students may pick up meals at the school each day
- The individual taking lunch count will enter in each student's lunch number
- It is **HIGHLY RECOMMENDED** that all students and staff wear cloth face coverings
- It is **HIGHLY RECOMMENDED** that students are dropped off and picked up by parents or drive their own vehicles as a way of promoting social distancing

Yellow

- Busses will unload one at a time
- Students will follow a hybrid A/B schedule with half in the buildings two days a week and half in the buildings two different days during the week. One day will be used for teacher planning and deep cleaning
Cohort A will attend Monday and Tuesday
Cohort B will attend Wednesday and Thursday
Friday will be used for teacher planning, learning remediation, and deep cleaning
- Temperatures will be taken as students board the bus
- Temperatures will be taken for everyone entering the building
- Any student or staff with a fever of 100.4 or higher will report to the office
- Lunch times will be staggered to minimize congregating in the commons area, some students may be eating in classrooms on a rotating schedule
- Seating will be assigned for both breakfast and lunch
- Wearing cloth face coverings or face shields will be mandatory in situations/areas where social distancing is impossible (i.e. bus, crowded classroom)
- Any student or staff member becoming sick during the day will be asked to go home
- Distance learning will be provided for students whose parents do not feel comfortable sending them to school
- Distance learning will be real time and occur simultaneously with in class instruction
- Attendance will be taken and the adopted district grading procedures will be followed
- Breakfast and lunch will be provided for students distance learning-delivery of meals will not be provided: parents or students may pick up meals at the school each day
- The individual taking lunch count will enter in each student's lunch number
- It is **HIGHLY RECOMMENDED** that all students and staff wear cloth face coverings
- It is **HIGHLY RECOMMENDED** that students are dropped off and picked up by parents or drive their own vehicles as a way of promoting social distancing

Red/Orange

- Kenmare School District will move to completely distance learning
- Meals will be provided and delivered
- Attendance will be taken and the adopted district grading procedures will be followed

*In both Blue/Green and Yellow levels, students will bring their items to school, proceed to their lockers, and pack up all items needed throughout the day into their backpacks. Students will keep their backpacks with them throughout the day and will not be allowed to return to their lockers.

*Parents may choose for their children to distance learn at any time. If that decision is made, the student must participate in distance learning until the semester's end.

*Kenmare School District will follow the guidelines within the Color Level set forth by the Governor in the Health and Safety Plan but may shift to a different instructional delivery model dependent on our county, community, and district situation as it pertains to the affect Covid-19 has on our students and staff. The following may occur at any time if the situation within our district changes.

Traditional Daily Learning

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

Hybrid

Students report to school on a modified schedule. Student schedules may be varied to meet the learning needs of each child. Multiple hybrid models of instructional delivery may be appropriate. Instruction would be conducted both in-person and online.

Distance Learning (Using chosen Local LMS system)

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

Parent Screening Tool

Parents/caregivers should monitor their children for signs of infectious illness every day.

Do not send your child to school if **ANY** of the following symptoms are present: Fever (100.4 or higher)/feeling feverish, sore throat, new/worsening uncontrolled cough, difficulty breathing, vomiting, diarrhea, abdominal pain, loss of taste and/or smell **OR** two or more of the following symptoms with new or worsening onset: fatigue, severe headache, muscle/body aches, chills, congestion/runny nose. This is in addition to general infectious disease exclusion guidance. People who are ill should contact their health care provider for additional guidance.

Child is ill but has seen a healthcare provider....

Tested Positive for COVID-19

Stay home at least 10 calendar days from onset of symptoms (or collection date of test if no symptoms) **and** for 24 hours with no fever (without the use of medication) **and** improvement of symptoms- **whichever is longer**

Diagnosed (not tested) with COVID-19

Stay home at least 10 calendar days from onset of symptoms (or collection date of test if no symptoms) **and** for 24 hours with no fever (without the use of medication) **and** improvement of symptoms- **whichever is longer**

Diagnosis from a health care provider of an illness besides COVID-19

Follow provider directions/recommended treatment & return guidance

Child is ill, but has not seen a health care provider...

Symptoms listed above

Stay home for 24 hours with no fever (without the use of medications) **and** improvement of symptoms-**whichever is longer**

Other symptoms non consistent with COVID-19

Follow the Child Care and School Infections Disease Guidance

Child was identified by public health as a close contact to someone with COVID-19

Regardless if symptoms present or not

Stay home at least 14 calendar days from last time exposed to a COVID-19 case. Contacts should be tested 7-10 days after last exposure. 14-day quarantine must continue regardless of test results.

YOU HAVE COVID 19 INFECTION NOW WHAT?

If you have been diagnosed with a COVID-19 infection, please follow the steps below to help prevent the disease from spreading to people in your home and community. Please see State Health Officer order for positive cases [#2020.5.1](#).

STAY HOME EXCEPT TO GET MEDICAL CARE

People who are mildly ill with COVID-19 are able to **isolate at home** during their illness. It is very important for you to monitor your health at home for worsening symptoms so that you can be taken care of and treated quickly if needed. You should **restrict activities** outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

Unless it is an emergency, ALWAYS call ahead before visiting your doctor.

SEPARATE YOURSELF FROM OTHERS IN YOUR HOME AND PRACTICE HEALTHY HABITS

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

More detailed guidance from CDC is available, see [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#). This guidance also provides information regarding preventative steps for household members, intimate partners, and caregivers in a non-healthcare setting of a person with COVID-19 infection.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

DISCONTINUING HOME ISOLATION

You need to remain at home until 10 days have passed since your symptoms began **AND** you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications **AND** symptoms are improving. Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, as long as they are asymptomatic for the duration of their isolation.

Document last reviewed: 07/18/2020

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 24 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. |

Other Resources

- CDC Considerations for Schools <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>
- CDC Cleaning and Disinfecting <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>
- CDC Print Resources <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>
- CDC Face Coverings <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- CDC Handwashing Information <https://www.cdc.gov/handwashing/index.html>
- CDC Social Distancing <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- CDC Isolation and Quarantine Guidelines https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation.html
- CDC End of Isolation <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>