

# Quarantine

## Options for school-based exposures



### My child has been exposed to COVID-19 at school – now what?

Last revised 10/21

#### **What is quarantine?**

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

#### **Why is my child being told they need to quarantine?**

Your child may be told to quarantine if they came into close contact with someone who has COVID-19. Close contacts are defined as when:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more when they could have been contagious with the virus;
- In the classroom setting when all people are wearing masks, close contacts are those within 0 to 3 feet of someone who has COVID-19 for a total of 15 minutes or more when they could have been contagious with the virus. If masks are not required universally, close contacts are those within 0 to 6 feet;
- You shared eating or drinking utensils with someone who has COVID-19;
- You had direct physical contact with a person with COVID-19 (hugging/kissing);
- Someone with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

#### **Are there options for reducing quarantine with a negative test?**

If the school does **not** require universal masking, students exposed within a 0 to 6 foot distance must quarantine, but may:

- Return to school 10 days past last day of exposure; or
- Return to school 7 days past last day of exposure with a negative test result on day 5, 6 or 7 of quarantine.

If the school requires universal masking, students exposed within 3-6 feet of distance do not need to quarantine. Students exposed within 3 feet or less have the following options for quarantine:

- If there is only 1 case in the classroom within the 10 day quarantine period, asymptomatic students do not need to be excluded from school. They must complete a daily health screening and will be excluded immediately if symptoms begin.
- If a second case is identified in a classroom within a 10 day period from the first case, students may:
  - Return to school 10 days past last day of exposure; or
  - Return to school 7 days past last day of exposure with a a negative test on day 5, 6 or 7 of quarantine; or
  - "Test to stay" by being tested for COVID-19 for first 7 days past exposure and receiving negative test each day.

*Free, rapid antigen testing is available through a partnership between the Health Department and Berrien RESA. See [bchdmi.org/COVID19](http://bchdmi.org/COVID19) for more information on testing locations.*

#### **What if my child has already had COVID-19 OR they are now fully vaccinated?**

Students who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. If they develop symptoms again within 3 months of their first bout of COVID-19, they may need to be tested again if there is no other cause identified for their symptoms.

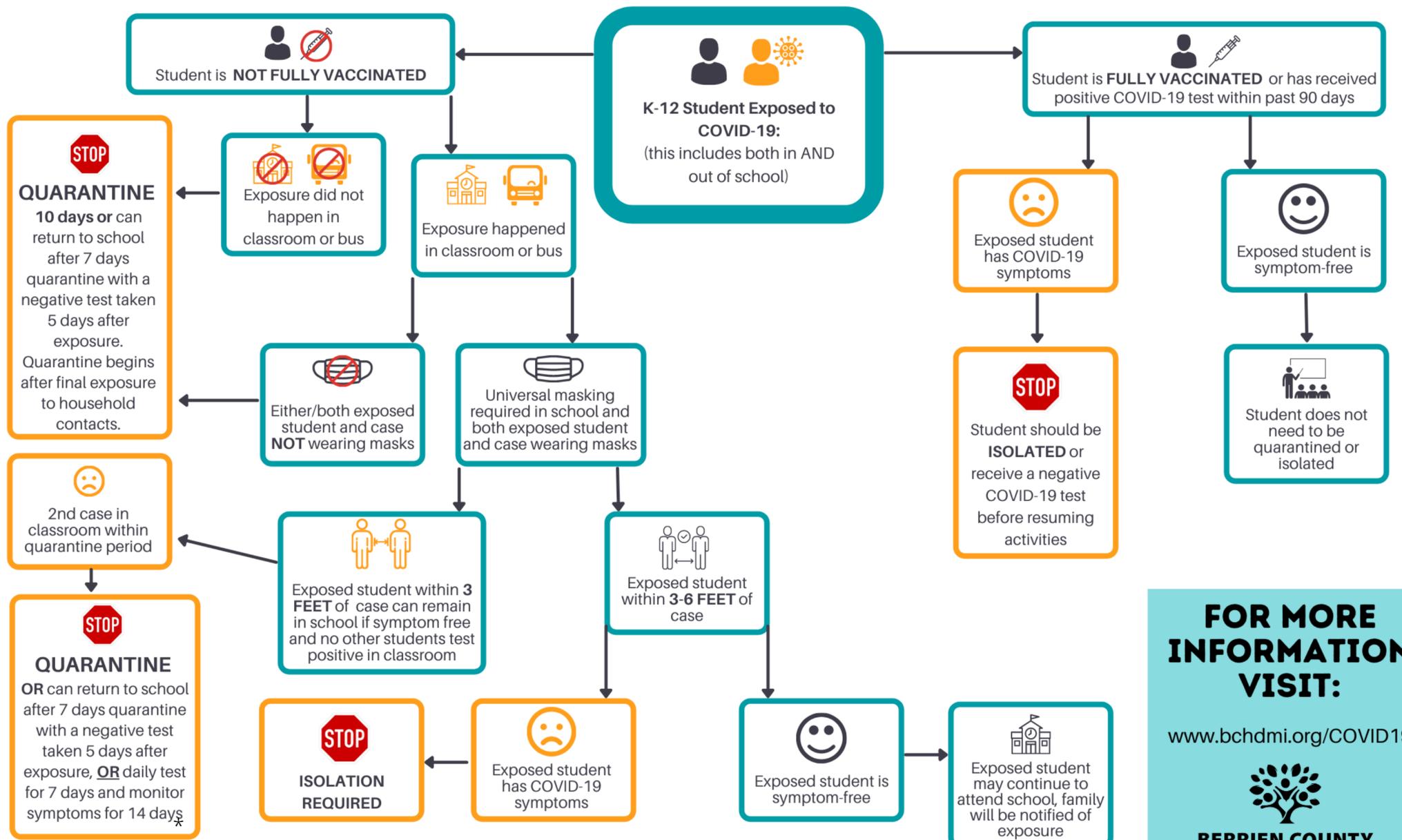
People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms. Full vaccination is achieved at least 2 weeks after completing the second dose (or only dose of Johnson & Johnson) in the vaccine series of (Pfizer & Moderna). If a fully-vaccinated person develops symptoms of COVID-19 after exposure, they must isolate at home and are recommended for testing.

## Questions?

Berrien County Health Department: 1.800.815.5485 or [bchdmi.org/COVID19](http://bchdmi.org/COVID19)

# COVID-19 K-12 STUDENT EXPOSURE: QUARANTINE OPTIONS

Updated 10/29/21



\*Note: testing is not required over a weekend; the next school day, the student must be tested before the school day begins

## *If my child is a close contact to someone who is COVID+, does the rest of my family need to quarantine?*

Family members of quarantined individuals, like parents or siblings, do not need to quarantine. Only people who have had direct, personal contact with a COVID+ person needs to quarantine. However, if your child develops symptoms of COVID-19 while on quarantine, they will be considered a probable case and household members may be asked to quarantine until test results are confirmed.

## *What is the process for contact tracing?*

- The Berrien County Health Department receives a report very soon after someone has tested positive in Berrien County either from the school or through the laboratory conducting testing. **Please note: the individual that tests positive will likely receive the message before the health department either from their doctor or through their electronic medical chart.**
- The Health Department attempts contact with all residents who test positive for COVID-19 to conduct a "case investigation", or an interview to understand the people with whom they had close contact while they were contagious and to guide them through the 10-day isolation period. Information about close contacts of students or staff is also provided by the school.
- After working with the COVID+ individual and the school, the people on the list of close contacts considered exposed are notified and provided instructions for quarantine.
- If your child has tested positive, start their isolation period right away. If you know you are a close contact, stay at home in quarantine starting immediately and await further instructions from our BCHD or your child's school.

