

Quarantine Guidance for COVID-19 Exposure

Updated January 4, 2021

Definition and Criteria

On December 16, 2020, the guidance for those who are considered close contacts of a person who has tested positive for COVID-19 was updated to include criteria for possible shortened quarantine. There are now provisions for 14-day, 10-day and 7-day quarantines following specific criteria.

- **14-day quarantine:** Remains the best option when a known exposure (i.e., close contact) to COVID-19 has occurred. Anyone who is a close contact of someone they live with who has tested positive for COVID-19 must automatically complete a 14-day quarantine.
- **10-day quarantine:** May be possible if all of the following criteria are true:
 - The person has NOT had symptoms of COVID-19 during the quarantine period.
 - The person does NOT live with someone who has COVID-19.
 - The person does NOT live or work in a high-risk setting (long term care, assisted living, correctional facility, shelter, or other congregate living facility).
 - The person does NOT work in a health care facility.
 - The person had a defined exposure (there was a beginning and an end). Examples include: at school, at a sporting activity, during work, at a social gathering (wedding, funeral, etc).
 - The person monitors themselves for symptoms of COVID-19 (A COVID-19 test is not required.) If the person develops one or more symptoms, they must return home and get tested for COVID-19 (even if they were already tested on/after day 5).
- **7-day quarantine:** May be possible if all of the following criteria are true:
 - The person has NOT had symptoms of COVID-19 during the quarantine period.
 - The person does NOT live with someone who has COVID-19.
 - The person does NOT live or work in a high-risk setting (long term care, assisted living, correctional facility, shelter, or other congregate living facility).
 - The person does NOT work in a health care facility.
 - The person had a defined exposure (there was a beginning and an end). Examples include: at school, at a sporting activity, during work, at a social gathering (wedding, funeral, etc).
 - The person completes a test for COVID-19 on the fifth day, or later, after exposure, and waits until negative test result before returning to work/school.

Protocol for staff and students at Spring Lake Park Schools:

1. Staff or families who desire a shortened quarantine must speak directly with a school nurse.
2. School nurses will apply the definitions and criteria listed above when responding to individuals seeking a shortened quarantine. Individuals seeking to return from quarantine after 7 days will be required to supply the school nurse with the results from a PCR COVID-19 test.
3. School nurses will determine if the staff/student meets the criteria for shortened quarantine. If so, the school nurse will review the requirements should COVID-19 symptoms develop, including that the staff/student must monitor for symptoms after return to work/school. If one or more symptoms appear, the affected person must go home immediately, report illness to nurse, and get tested for COVID-19.
4. Staff/Students choosing a 7 or 10-day quarantine will be reminded that they may not return until 7 or 10 full days of quarantine have been completed.