Quarantine Instructions for Students

Your child is being asked to quarantine for 10 days from their last contact with a person who tested positive for COVID-19.

During the 10-day quarantine, please minimize your child's contact with others and consider your child contagious even though they may not contract the virus or show any symptoms if they do. Please take extra precautions to protect the health of others living in the home.

We will contact the local health department and inform them of the exposure. They may reach out to you with additional questions and/or recommendations.

The Virginia Department of Health (VDH) offers helpful guidance for close contacts on their website: What to do if you were potentially exposed to coronavirus disease (COVID-19). Here are some recommendations from the VDH on how to adequately quarantine:

- **Answer the call.** Your local health department may reach out to you with more recommendations if your child is identified as a close contact during contact tracing.
- **Keep your child home and away from others.** Please have your child avoid contact with others to avoid spreading COVID-19. Do not allow your child to go to school, work, stores, or any public spaces. Do not allow your child to participate in sports or any group activity.
- **Monitor your child's health.** Use a thermometer to take your child's temperature twice daily (once in the morning, once at night) and watch for fever (100°F or higher). Monitor for other symptoms of COVID-19, such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell. You can download the VDH Daily Monitoring Log for COVID-19 to help keep track of symptoms.
- **If your child experiences any of the following during quarantine**—trouble breathing, persistent chest pain or pressure, confusion, trouble staying awake, and/or blue lips or face—call 911 immediately and let them know that your child may have COVID-19.

How long do I need to keep my child home? Close contacts who are not fully vaccinated are asked to quarantine (stay home) and self-monitor for symptoms for 10 days from the last day of exposure. Please refer to the following timeline:

- **Day 0** – Last day of exposure to positive case: _____
- **Day 10** – Last day of quarantine: _____
- **Day 11 (or next school day)** – Student may return to school: _____

What if the person with COVID-19 is a family or household member? If you are unable to completely isolate the person with COVID-19 from the rest of the family, the quarantine period for other people living in the household lasts for 10 days following the ill person's last day of isolation. (Isolation for COVID-positive individuals is a period of 10 days from the first day of symptoms or the date of the positive test result, whichever came first.) This means that the quarantine period for others in the household may last up to 20 days. For more information about quarantine and isolation, please visit the CDC's Quarantine and Isolation web page.

What if my child tests negative before Day 10? A negative COVID-19 test cannot be used to shorten quarantine. Even if your child has no symptoms, your child will need to complete the full 10-day quarantine before it is safe to return to school or be around others.

Do I have to quarantine my other children or members of the household? No, unless your child in quarantine develops symptoms or tests positive. If your child in quarantine develops symptoms, others in the household will need to quarantine.

What if my child experiences [COVID-19 symptoms](#) or tests positive? If your child develops symptoms while in quarantine, you should obtain a COVID-19 test for your child at the provider of your choice. The most common symptoms are fever or chills, cough, shortness of breath, muscle pain, sore throat, and/or new loss of taste or smell. Not everyone with COVID-19 will have all of these symptoms, and some may never have a fever. There are many [COVID-19 testing sites](#) in our area that are searchable by zip code. The Blue Ridge Health District (BRHD) maintains a list of [free COVID-19 testing sites](#) in our area. Individuals can also schedule a test by calling the BRHD COVID-19 Hotline at (434) 972-6261. If your child tests positive for COVID-19, the time your child must remain at home shifts to an isolation period of 10 days from the first day of symptoms or the date of the positive test result, whichever came first. **If your child is diagnosed with COVID-19, please notify your child's school nurse as soon as possible.** The Centers for Disease Control and Prevention (CDC) offers advice for caregivers of sick individuals: [Caring for Someone Sick at Home](#).

For assistance with meeting basic needs, such as food, medication, and mental health, please reference the Community Resources on the Blue Ridge Health District's [Hotline & Local Resources](#) web page or call the BRHD COVID-19 Hotline at (434) 972-6261, Monday – Friday, 8 a.m. to 4:30 p.m.

Helpful Links

- What to do if you were potentially exposed to coronavirus disease (COVID-19): https://www.vdh.virginia.gov/coronavirus/local-exposure/
- Local Health Department Locator: https://www.vdh.virginia.gov/health-department-locator/
- Information about Contact Tracing: https://www.vdh.virginia.gov/coronavirus/prevention-tips/contact-tracing/
- COVID-19 Symptoms: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
- VDH Daily Monitoring Log for COVID-19: https://www.vdh.virginia.gov/content/uploads/sites/182/2020/03/Daily_Monitoring_Log.pdf
- Information about Quarantine and Isolation: https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html
- Local COVID-19 Testing Sites: https://www.vdh.virginia.gov/coronavirus/covid-19-testing-sites/
- Free COVID-19 Testing Sites in the Blue Ridge Health District: https://www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites/
- Caring for Someone Sick at Home: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- BRHD Hotline & Local Resources: https://www.vdh.virginia.gov/blue-ridge/hotline-local-resources/