
Crockett County Schools COVID-19 Operating Guide

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Introduction

Scenarios 3 and 4 will only take place if the Governor of Tennessee declares a State of Emergency and schools are closed. We will strive to remain open.

Scenario 1: All students present, no restrictions

Scenario 2: All students may return with encouraged health protocols for high-risk students and staff

Scenario 3: All students will be on an alternate schedule, students 1 or 2 days in person and 3 or 4 days virtual *Only if Governor declares a State of Emergency or we chose to use stockpile days. *

Scenario 4: All students will not be present for in-person learning, modifications for vulnerable populations* *Only if Governor declares a State of Emergency. *

Reintroduction Priorities

Regardless of the scenario, we have identified four priorities that we will focus on throughout the entire reintroduction process:

- Ensure health, well-being and safety of all students and staff
- Maximize student academic growth and achievement
- Provide supports to teachers and staff
- Assure operational and financial viability

Health Precautions and Protocols

Red: Enhanced Health Protocols | **Yellow:** Encouraged Health Protocols | **Green:** Standard Health Protocols

	Physical Distancing 	EPG (Essential Protective Gear) 	Increased Cleaning Disinfecting 	Student Cohorts 	Health Screening 
Scenario 4 In-person learning is not permitted, all learning is remote via Distance Learning. **ONLY IF GOVERNOR DECLARES STATE OF EMERGENCY**	NO IN-PERSON INSTRUCTION **ONLY IF GOVERNOR DECLARES STATE OF EMERGENCY**				
Scenario 4* Limited in-person learning activities for prioritized groups (Sped/ELL only). Distance Learning for all other students. **ONLY IF GOVERNOR DECLARES STATE OF EMERGENCY**	6-feet	Per public health order			Active Screening
Scenario 3 Easing restrictions allow more students to access in-person learning with blended-learning options **ONLY IF GOVERNOR DECLARES STATE OF EMERGENCY** or **DISTRICT USES STOCKPILE DAYS**	6-feet	Encourage/require face coverings as required by local public health		As feasible	Passive Screening
Scenario 2 Students return to in-person learning.	As feasible	Encourage/require face coverings as required by local public health			Passive Screening
Scenario 1 In-person learning with no health and safety restrictions.					

Stable groups of students (Cohorts)

During certain stages of a pandemic, it is crucially important to be able to quickly investigate cases and conduct contact tracing. By grouping students together, actions can be taken to limit interactions with other students within the building and on school grounds. Additionally, if there is a suspected case of COVID-19 at a school, it is easier to determine possible exposure and isolate and/or quarantine specific students, rather than having to close the entire school.

In education, we call groups of students, cohorts.

SCHOOL SHUTDOWN

ONLY IF GOVERNOR DECLARES A STATE OF EMERGENCY

During a school shutdown, Crockett County School District will follow the Continuous Learning Plan (CLP).

Scenario 4 (Most Students)

What to Expect:

****THIS WILL ONLY OCCUR IF THE GOVERNOR DECLARES A STATE OF EMERGENCY****

Most restrictive situation, implemented at a single school, multiple schools or entire district during significant community spread or as directed by the state or public health.



Type of Instruction: During Scenario 4, all CCSD buildings are closed and CCSD will follow the CLP.



Physical Environment: No in-person



Significantly Impacted Learners: Teachers of students with special needs work virtually with them



Food Services: Emergency Food Distribution is provided regionally. Community liaisons help to deliver food to families who are unable to come to the distribution sites.



Transportation: No services are provided



Child Care: No childcare provided



Athletics/Activities: None



Health Precautions: [Tennessee Health Information website](#)

Scenario 4* (Vulnerable populations)

What to expect:

****THIS WILL ONLY OCCUR IF THE GOVERNOR DECLARES A STATE OF EMERGENCY****

Groups of cohorts of students, with enhanced-health protocols



Type of instruction: Very limited return to in-person learning, prioritized by student group. CCSD will follow the CLP.



Physical Environment: Each cohort will have limited access to the building to prevent cross-contamination. Students will maintain social distancing of six feet, whenever possible. Students and staff will be encouraged to wear face coverings or other essential protective gear, per public health order.



Significantly Impacted Learners: Those who are willing and medically able will be taught and supported in cohorts of up to 10 people, including the teacher and any required support staff. Our focus in this scenario is providing services to our most vulnerable populations, knowing that they are the most impacted during remote learning. Students supported by IEPs, 504 plans, or ILPs may attend in person in small groups two days per week and access online or independent instruction on the other two days per week. Individual plans are put in place for students who are immunocompromised and for families who choose to keep their students in online instruction.



Food Services: Breakfast and lunch service is provided to students in the classroom.

Emergency Food Distribution is also provided regionally. Community liaisons help to deliver food to families who are unable to come to the distribution sites.



Transportation: Service is limited. Social distancing requirements significantly impact the capacity of each bus. Staff will disinfect the buses after each group of students has been transported.



Child Care: Emergency Child Care is not provided

Scenario 3 (HYBRID)

What to expect:

****THIS WOULD ONLY OCCUR IF GOVERNOR DECLARED STATE OF EMERGENCY OR WE CHOOSE TO USE STOCKPILE****

Partial return of students, as directed with enhanced and encouraged health protocols.



Type of Instruction

CCSD will follow the CLP.



Physical Environment: In classrooms, desks/tables will be placed at least six feet apart. Students and staff will be *encouraged/required* to wear face covers based on the public health orders during arrival, dismissal and when physical distancing is not possible (for instance, during travel to and from the restroom).

Access to the building will be limited to students, staff, and essential personnel. Each cohort will have access to specific areas of the building – limiting the interactions of groups/classes. Students will have designated entrances and bathrooms. There will be protocols and signage in place to promote student and staff safety.

We know that in addition to learning, students will need opportunities to be active. Best practice is for lessons to extend beyond the classroom, so we will be encouraging teachers to use outdoor spaces often during instruction and for breaks.



Significantly Impacted Learners: Continuation of Scenario 4*, with the possibility of additional in-person instruction as permitted by health department guidelines and feasibility.



Food Services: Breakfast and lunch will be served in the classroom/lunchroom when necessary.

Emergency Food Distribution is also provided regionally. Community liaisons help to deliver food to families who are unable to come to the distribution sites.



Transportation: In this phase, social distancing requirements will significantly impact the capacity of each bus.

Service will be limited to those students who must have transportation to school.

Staff will disinfect the buses after each group of students has been transported. At the end of each day, buses will be cleaned and disinfected.



Athletics and activities: Training and conditioning with health protocols including social distancing and screening.



Health Precautions:
[Tennessee Health Information website](#)

Schedules:

Elementary School

Five days of instruction, two days of in-person learning, three days of distance learning

	MON	TUE	WED	THU	FRI
In School	Group A <i>in building</i>	Group A <i>in building</i>	Building cleaning and teacher plan time	Group B <i>in building</i>	Group B <i>in building</i>
Online	Group B <i>Home Learning</i>	Group B <i>Home Learning</i>		Group A <i>Home Learning</i>	Group A <i>Home Learning</i>

Middle School

Five days of instruction, one day of in-person learning, four days in distance learning

	MON	TUE	WED	THU	FRI
In School	Group A	Group A	Building cleaning and teacher plan time	Group B	Group B
Online	Group B	Group B		Group A	Group A

High School

Five days of instruction, one day of face-to-face instruction focused on student specific class needs, ensuring limited cross-contamination, four days in distance learning.

	MON	TUE	WED	THU	FRI
Cohort A	In-person Learning Labs (2 blocks)	In-person Learning Labs (2 blocks)	Building cleaning and teacher plan time	Home Learning	Home Learning
Cohort B	Home Learning	Home Learning		In-person Learning Labs (2 blocks)	In-person Learning Labs (2 blocks)

Learning Labs will be focused on Core Content.
(Schedules may vary based on school community)

Scenario 2

What to expect

Full enrollment in classrooms and the interactions between groups of students. Schools will still be encouraged to avoid large groups or events.



Type of Instruction: In Scenario 2, all students return to in-person learning. Health precautions would remain in effect and staff would be able to resume normal duties at their buildings.



Significantly Impacted Learners: Students who are medically able and willing to return to school receive their typical support and programming.



Physical Environment: In many ways schools return to normal operations. Face coverings will be encouraged or required for students and staff as required by public health orders. Students and staff will be encouraged to continue social distancing when possible and feasible. For instance, in areas where social distancing can be accommodated, seating may be spread out and during physical education students would be encouraged, but not required, to keep distance while exercising.

We know that in addition to learning, students will need opportunities to be active. Best practice is for lessons to extend beyond the classroom, so we will be encouraging teachers to use outdoor spaces often during instruction and for breaks.



Food Services: Food will be served in the classroom and the cafeteria, in alignment with any applicable federal, state, and local health orders. As a result, seating may be arranged to provide some social distancing and there may be schedule changes.

Emergency Food Distribution is also provided regionally, as demand warrants.



Transportation: Normal service would be provided to eligible students. Students will complete passive screening daily. Face coverings would be required

based on public health orders, but no social distancing restrictions would be in place. Bus-eligible families will be asked to notify schools of any physical address changes as soon as possible.



Athletics/Activities: Will be based on Public Health and State guidance on event size.



Health Precautions: [Tennessee Health Information website](#)

Scenario 1

What to expect

This scenario is when all students will be able to return to in-person learning without pandemic-related health and safety measures.

Schools will be in normal operations. Students will attend class daily.



Health Precautions: None

Scenarios at a Glance

Scenarios	Type of instruction 	Physical Environment 	Significantly Impacted Learners 
4	All CCSD buildings are closed, and all learning is conducted remotely. Follow CLP	None	Students with special needs will receive instruction remotely if possible. Follow CLP
4*	Very limited return to in-person learning, prioritized by student group. Follow CLP	Limited access to the building. Physical distancing of six feet, whenever possible.	Focus is on those most impacted during closure (SPED, ELL, K-2) Follow CLP
3	Blended in person learning at all levels. Follow CLP	Limited access to the building. Physical distancing of six feet, whenever possible.	Possible additional in-person instruction as permitted by health guidelines and feasibility. Follow CLP
2	Students return to in-person learning.	Normal	Supports for students with special needs will continue as normal and follow CLP.
1	All students return to in person learning	Normal	Normal

Transitioning between Scenarios

Moving between different scenarios of our plan will take time. As explained above, each scenario has different physical configurations and protocols that will need to be implemented.

Quick action to protect students

Our biggest concern, of course, is ensuring the health and wellness of students, if a potential outbreak is detected at a school or in our community. Working closely with our partners in public health, we will determine if the closure of school(s) is necessary and when Governor of Tennessee were to declare a State of Emergency. Regardless of which scenario we are in, we will always be prepared to follow our CLP.

Coordinated transitions

In situations in which conditions are gradually changing (for the worse or the better), the district will transition schools from scenario to scenario. In a coordinated fashion changes will be communicated to families with as much advance notice as possible and school leaders will work to implement the changes in each building on a set timeline.

Mental Health Considerations:

- School Nurses, Guidance Counselors, and CSH will continue to identify, review, and update existing processes for students, families, and staff to access health and wellness support services.
- CSH along with Whole Child Team will train staff on Trauma Informed Practices and Building Strong Brains.
- CSH and Whole Child Team will work with all staff to provide services to students and staff who have needs identified.
- Identify students who need help and assess their needs using a check in/check out system.

Recent Updates

2/7/22 – Clarified guidelines for those aged 12-17

6/29/22 – Reformatted to improve readability. No content changed

7/29/22 – Removed expired COVID-related emergency rules references

TDH posts the latest CDC recommendation below so that citizens are informed of the latest advice to assist them in making their personal healthcare choices.

Isolation Guidance for Cases

CDC recommends that cases isolate for a minimum of 5 days after onset and may be released after they are without fever for 24 hours (without fever-reducing medication) **and show improvement in symptoms**. Cases without symptoms should isolate through 5 days after their specimen collection date. Regardless of symptoms, CDC recommends wearing a well-fitting mask when around others for 10 days following onset/specimen collection.

CDC recommends that a case may consider using an antigen test towards the end of the 5-day isolation period to make decisions about extending at-home isolation. If the test result is positive, CDC recommends the individual should continue to isolate until day 10. If the test result is negative (or testing is not performed), they can end isolation, but should **continue to wear a well-fitting mask around others at home and in public until day 10**.

Minimum 5 days of isolation at home	24 hours	Continue masking around others for add'l 5 days
DAY 0 – Symptom onset date or specimen collection date if not experiencing symptoms. Wear a mask around others to reduce risk of transmission.	WITHOUT FEVER AND SYMPTOM IMPROVEMENT	DAY 6 – released from isolation; return to regular activities. Continue to mask around others.
		DAY 10

Notes:

- Some severely ill patients may need to isolate for a longer time period.
- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the 5-day isolation and had symptom improvement for a minimum of 24 hours.

Quarantine Guidance for Close Contacts

Who DOES NOT need to quarantine at home?

CDC recommends that close contacts do not need to quarantine if they meet any of the following:

- You are [up to date](#) with your COVID-19 vaccines.
 - Schools may consider forgoing quarantine for students ages 12-17 years who completed their [primary vaccine series](#) but have not yet received all [eligible boosters](#).
- You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a [viral test](#)).

NON-HOUSEHOLD CONTACT

CDC recommends that contacts should wear a well-fitting mask around others for 10 days from the date of their last close contact with someone with COVID-19 (the date of last close contact is considered day 0). Get tested at least 5 days after they last had close contact with someone with COVID-19. If they test positive or develop COVID-19 symptoms, they should isolate from other people and follow isolation recommendations.

HOUSEHOLD CONTACT

CDC defines a household contact as an individual who shares any living spaces with a case, including bedrooms, bathrooms, living rooms, kitchens, etc., and advises the following

- **If the contact can separate from the case within the home**, then they can follow the non-household guidance. To separate, the case 1) should never be in the same room as household members, 2) should not share plates, cups, dishes, or phones with household members, and 3) should have their own bathroom (or conduct daily bathroom cleaning).
- **If the contact cannot separate from the case in the home**, they should get tested 5 days after initial exposure to the case and again 5 days after the end of the case's isolation. The contact should wear a mask indoors in public for 10 days following last exposure. If they test positive, they should isolate.

Who NEEDS to quarantine at home?

CDC recommends that close contacts should quarantine if they meet any of the following:

- Are not [up to date](#) on COVID-19 vaccines. This includes people who are not vaccinated.
 - Schools may consider forgoing quarantine for students ages 12-17 years who completed their [primary vaccine series](#) but have not yet received all [eligible boosters](#).

CDC recommends that close contacts should quarantine regardless of whether the case was symptomatic.

NON-HOUSEHOLD CONTACT

CDC recommends that close contacts should wear a well-fitting mask around others for 10 days from the date of their last close contact with someone with COVID-19 (the date of last close contact is considered day 0), quarantine at home for 5 days, and get tested at least 5 days after they last had close contact with someone with COVID-19. If they test positive or develop COVID-19 symptoms, they should isolate from other people and follow isolation recommendations.

5 days quarantine at home

5 additional days masking while around others

DAY 0 – Contact begins quarantine. Wear a mask when around others.

DAY 5 – Get tested. If no symptoms or negative result, return to normal activities. Continue to wear a mask when around others.

DAY 10
Complete self-monitoring for symptoms.

Who NEEDS to quarantine at home? (cont.)

HOUSEHOLD CONTACT

CDC defines a household contact as an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc.

Quarantine start: CDC recommends that household contacts should quarantine as long as they are exposed to the case, and for a 5-day period beyond their last exposure.

- **If the contact can separate from the case within the home**, then CDC recommends they can follow the non-household guidance above. To separate, the case 1) should never be in the same room as household members 2) should not share plates, cups, dishes, or phones with household members 3) should have their own bathroom (or conduct daily bathroom cleaning).
- **If the contact cannot separate from the case in the home**, CDC recommends they should get tested 5 days after initial exposure to the case and again 5 days after the end of the case's isolation. The contact should wear a mask when around others for 10 days following last exposure. If they test positive, they should isolate.

Quarantine end: CDC recommends that once exposure is no longer occurring (either the case has completed their 5-day isolation or the case and contact have separated within the home), then at-home quarantine can end after Day 5. The contact should monitor for symptoms and wear a mask for 5 additional days.

Notes:

- If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.
- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 5-day period as long as the case has completed the minimum 5-day isolation and had symptom resolution for a minimum of 24 hours.

5 days minimum. Stay home while exposure is ongoing.

5 additional days quarantine at home after last exposure.

5 additional days masking while around others

DAY 0 –
Case's onset date. Both case and contact should stay home. Risk of transmission is reduced if both parties wear masks.

DAY 5 –
Case completed minimum isolation; Contact's quarantine begins. Both parties should continue to mask if around others.

DAY 10 –
Get tested. If no symptoms or negative result, return to normal activities. Contact should continue to wear a mask when around others.

DAY 15 –
Complete self-monitoring for symptoms.

Healthcare Personnel

CDC recommends that healthcare personnel (including those working in long term care facilities) should refer to guidance below for isolation and quarantine guidance:

- [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)
- [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#)
- [Interim Infection Prevention and Control Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes](#)

K-12 Schools

Schools may adopt response strategies and policies for illness consistent with their needs for maintaining safe operations.

Actualizaciones recientes

11/ENE/22-Actualizado para reflejar las nuevas directrices de los Centros para el Control y la Prevención de Enfermedades (CDC)

7/FEB/22- Directivas clarificadas para las personas de 12 a 17 años

Guía de Aislamiento para Pacientes (Casos)

Pacientes (Casos)

El Departamento de Salud de Tennessee (TDH) adoptó lineamientos con el fin de que estos sean utilizados por parte del estado o de un gobierno local, de acuerdo con el Código Anotado de Tennessee (T. C. A.) sección 14-4-101, cuando se requiera que una persona se aisle o se ponga en cuarentena, mediante la promulgación de una nueva norma de emergencia el 22 de diciembre de 2021, que se puede ver aquí. https://publications.tnsosfiles.com/rules_filings/12-22-21.pdf.

Debido a que el proceso formal de elaboración de normas es relativamente largo, la guía de aislamiento y cuarentena del TDH puede encontrarse retrasada en relación a las últimas mejores prácticas de los CDC. Después de la promulgación de la norma de emergencia del TDH el 22 de diciembre de 2021, que fue consistente con los lineamientos de los CDC en ese momento, los CDC adoptaron las siguientes nuevas normas, algunas de las cuales son menos estrictas que los lineamientos del TDH. Aunque no es legalmente vinculante, el TDH publica la última recomendación de los CDC más abajo para que los ciudadanos estén informados de los últimos consejos para ayudarlos a tomar sus decisiones de atención médica personal.

Las nuevas recomendaciones de los CDC establecen que los pacientes (casos) deben aislarse durante un mínimo de 5 días después de la aparición de síntomas y pueden salir del aislamiento después haber estado sin fiebre durante 24 horas (sin medicamentos para reducir la fiebre) **y luego de mostrar mejoría en los síntomas.** Los pacientes (casos) sin síntomas deben aislarse 5 días completos después de la fecha de recolección de la muestra. Independientemente de los síntomas, los CDC recomiendan usar una mascarilla que se ajuste bien cuando esté cerca de otras personas durante 10 días después de la aparición de los síntomas/recolección de muestras.

Los CDC recomiendan que un paciente (caso) considere usar una prueba de antígeno hacia el final del período de aislamiento de 5 días para tomar decisiones sobre la extensión del aislamiento en el hogar. Si el resultado de la prueba es positivo, los CDC recomiendan que la persona debería continuar aislándose hasta el día 10. Si el resultado de la prueba es negativo (o no se realiza una prueba), pueden terminar el aislamiento, pero deberían **continuar usando una mascarilla bien ajustada en presencia de otras personas, en casa y en público, hasta el día 10.**

Mínimo de 5 días de aislamiento en casa

24 horas

Siga usando mascarilla en público por 5 días más

DÍA 0-Fecha de aparición de los síntomas o fecha de recolección de muestras si no experimenta síntomas. Use una mascarilla alrededor de los demás para reducir el riesgo de transmisión.

SIN FIEBRE POR
24 HRS. Y CON
MEJORA DE
SÍNTOMAS

DÍA 6-Se le da de alta del aislamiento;
regreso a actividades regulares usando
mascarilla.

DÍA 10

Notas:

- Algunos pacientes gravemente enfermos pueden necesitar aislarse por un periodo de tiempo más largo.
- La tos o la pérdida del sentido del gusto o del olfato persistentes no deberían prevenir que se le dé el alta del aislamiento a un paciente (caso).
- Si una prueba posterior de seguimiento de PCR resulta positiva, los pacientes (casos) no necesitan volver a aislarse siempre que hayan completado el aislamiento de 5 días y que sus síntomas se hayan resuelto por un mínimo de 24 horas.

Guía de Cuarentena para Contactos Cercanos

¿Quién NO necesita entrar en cuarentena en casa?

Los CDC sugieren que los contactos cercanos no necesitan ponerse en cuarentena si cumplen alguno de los siguientes requisitos:

- Usted está al día con sus vacunas contra la COVID-19.
 - Las escuelas pueden considerar no optar por la cuarentena en el caso de los y las estudiantes de 12 a 17 años que completaron su serie de vacunas primaria pero aún no han recibido todas las vacunas de refuerzo elegibles.
- Usted fue paciente confirmado/a de COVID-19 en los últimos 90 días (lo que significa que dio positivo usando un prueba viral).

CONTACTOS QUE NO RESIDEN EN LA UNIDAD FAMILIAR DEL PACIENTE (Con Vacuna de Refuerzo o Vacunados Recientemente)

Los CDC recomiendan que los contactos usen una mascarilla bien ajustada en presencia de otras personas durante 10 días a partir de la fecha de su último contacto cercano con alguien con COVID-19 (la fecha del último contacto cercano se considera el día 0). Hágase la prueba al menos 5 días después de la última vez que tuvo contacto cercano con alguien con COVID-19. Si los contactos dan positivo o desarrollan síntomas de COVID-19, deberían aislarse de otras personas y seguir las recomendaciones de aislamiento.

CONTACTOS QUE RESIDEN EN LA UNIDAD FAMILIAR (Con Vacuna de Refuerzo o Vacunados recientemente)

Los CDC definen a un contacto dentro de la unidad familiar como una persona que comparte cualquier espacio habitable con un paciente (caso), incluidos dormitorios, baños, salas de estar, cocinas, etc., y aconseja lo siguiente

- **Si el contacto puede separarse del paciente (caso) dentro de la unidad familiar**, entonces puede seguir los lineamientos para los contactos que no residen en la unidad familiar. Para separarse, el paciente (caso) 1) no debería estar nunca en la misma habitación que los miembros de la unidad familiar, 2) no debería compartir platos, tazas, vajilla o teléfonos con los miembros de la unidad familiar y 3) debería tener su propio baño (o realizar la limpieza diaria del baño).
- **Si el contacto no puede separarse del paciente (caso) en la unidad familiar**, debería hacerse la prueba 5 días después de la exposición inicial al paciente (caso) y de nuevo 5 días después del final del aislamiento del paciente (caso). El contacto debería usar una mascarilla en ambientes cerrados en

presencia de otras personas durante 10 días después de la última exposición. Si dan positivo, deberían aislarse.

¿Quién NECESITA entrar en cuarentena en casa?

Los CDC sugieren que los contactos cercanos deberían ponerse en cuarentena si cumplen alguno de los siguientes requisitos:

- No estar [al día](#) en sus vacunas contra la COVID-19. Esto incluye a las personas que no están vacunadas.
 - Las escuelas pueden considerar no optar por la cuarentena en el caso de los y las estudiantes de 12 a 17 años que completaron su [serie de vacunas primaria](#) pero aún no han recibido todas [las vacunas de refuerzo elegibles](#).

Los CDC recomiendan que los contactos cercanos deberían entrar en cuarentena independientemente de que el caso sea sintomático.

CONTACTO QUE NO RESIDE EN LA UNIDAD FAMILIAR

Los CDC recomiendan que los contactos deberían usar una mascarilla bien ajustada en presencia de otras personas durante 10 días a partir de la fecha de su último contacto cercano con alguien con COVID-19 (la fecha del último contacto cercano se considera el día 0), entrar en cuarentena en casa por 5 días, y hacerse una prueba al menos 5 días después de la última vez que tuvo contacto cercano con alguien con COVID-19. Si dan positivo o desarrollan síntomas de COVID-19, deberían aislarse de otras personas y seguir las recomendaciones de aislamiento.

5 días de cuarentena en casa	5 días usando una mascarilla en presencia de otros
DÍA 0 - El contacto comienza la cuarentena. Use una mascarilla cuando esté cerca de otras personas.	DÍA 5-Someterse a prueba de COVID. Si no presenta síntomas o recibe un resultado negativo, retorna a sus actividades normales. Use una mascarilla en presencia de otros.
	DÍA 10 Completar el monitoreo propio de síntomas.

CONTACTO QUE RESIDE EN LA UNIDAD FAMILIAR

Los CDC definen un contacto que reside en la unidad familiar como una persona que comparte espacios habitables con un paciente (caso). Esto incluye dormitorios, baños, salas de estar, cocinas, etc.

Inicio de la cuarentena: Los CDC recomiendan que los contactos que residen en la unidad familiar deberían ponerse en cuarentena mientras estén expuestos al paciente (caso), y durante un período de 5 días después de su última exposición.

- **Si el contacto puede separarse de un paciente (caso) dentro del hogar**, los CDC recomiendan que entonces ya no se les considere expuestos. Para separarse, el paciente (caso) 1) nunca debería estar en la misma habitación que otros miembros de la unidad familiar, 2) no debería compartir platos, tazas o teléfonos con otros miembros de la unidad familiar, y 3) debería tener su propio baño (o realizar una limpieza diaria del baño).
- **Si el contacto no puede separarse de un paciente (caso) dentro del hogar**, los CDC recomiendan que el contacto debería entrar en cuarentena por el periodo (mínimo) de aislamiento del paciente (caso) de 5 días, más 5 días adicionales.

Fin de la cuarentena: Los CDC recomiendan que una vez que la exposición ya no ocurra (ya sea que el paciente (caso) haya completado su aislamiento de 5 días o que el paciente (caso) y el contacto se hayan separado dentro del hogar), la cuarentena en el hogar puede terminar después del Día 5. El contacto

debería monitorearse a sí mismo por si aparecen síntomas y usar una mascarilla durante 5 días adicionales.

Notas:

- Si un contacto que reside en la unidad familiar presenta síntomas de COVID-19, entonces pasa a ser un paciente (caso). Debe entrar en aislamiento como paciente (caso) y considerar hacerse la prueba de COVID.
- Los contactos que residen en la unidad familiar necesitarán, usualmente, permanecer en el hogar por más tiempo que el paciente (caso) inicial.
- Si el paciente (caso) ha sido dado de alta del aislamiento y los síntomas vuelven a presentarse, los contactos que residen en la unidad familiar no necesitan reiniciar el periodo de 5 días siempre que el paciente (caso) haya completado el aislamiento de 5 días como mínimo y que los síntomas se hayan resuelto por un mínimo de 24 horas.

Mínimo de 5 días. Permanecer en casa mientras la exposición a un paciente se esté dando.		5 días de cuarentena en casa luego de la última exposición.		5 días usando una mascarilla en presencia de otros	
DÍA 0 – Fecha de aparición de síntomas del paciente (caso). El caso y el contacto deberían permanecer en casa.		DÍA 5 – El paciente (caso) completa su aislamiento mínimo; comienza la cuarentena del contacto.		DÍA 10 – Sométase a la prueba de COVID. Si no tiene síntomas o el resultado es negativo, regrese a sus actividades normales. Use una mascarilla en presencia de otros.	
				DÍA 15 – Completar el monitoreo propio por si aparecen síntomas.	

Trabajadores de Cuidado de Salud

Los CDC recomiendan que los trabajadores de cuidado de salud (incluyendo a los que trabajan en centros que proveen cuidados a largo plazo) deberían consultar las guías presentadas a continuación para conocer los lineamientos de aislamiento y cuarentena:

- [Guía Provisional para la Administración del Personal de Cuidado de Salud con Infección de SARS-CoV-2 o Exposición a SARS-CoV-2](#)
- [Recomendaciones Provisionales para la Prevención y el Control de Infecciones para el Personal de Cuidado de Salud durante la Pandemia de la Enfermedad del Coronavirus 2019 \(COVID-19\)](#)
- [Recomendaciones Provisionales para la Prevención y el Control de Infecciones para Prevenir la Propagación de SARS-CoV-2 en los Hogares de Ancianos](#)

Escuelas (desde el Jardín de Infancia hasta el 12avo grado) [K-12]

Bajo la nueva norma de emergencia, se permite que las escuelas adopten su propia guía de cuarentena.

