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2020-21 SSD EMPLOYEE/COMMUNITY COVID-19/PANDEMIC PROTOCOLS

This protocol toolkit is intended to identify common scenarios employees, students, and families may experience and the protocols in place based on the latest guidance provided by the Centers for Disease Control and Prevention (CDC), the Pennsylvania Department of Health (DOH) and the Pennsylvania Department of Education (PDE).

IF YOU TEST POSITIVE FOR COVID-19

1. Remain home until all of the following are true:
 - a. At least 10 days since the onset of symptoms.
 - b. At least 24 hours fever free without the use of fever-reducing medications.
 - c. Improvement in respiratory symptoms (i.e., cough, shortness of breath).

IF YOU HAVE COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported. Symptoms may appear 2-10 days after exposure to the virus. The chart below defines the criteria for a COVID-19 like illness:

CLINICAL CRITERIA FOR COVID-19 EVALUATION

1 OR MORE SYMPTOMS		2 OR MORE SYMPTOMS
Cough Shortness of breath Difficulty breathing New olfactory disorder New taste disorder	<u>OR</u>	Fever (≥ 100.4 F oral or equivalent) Chills Rigors Myalgia Headache Sore throat Nausea or vomiting Diarrhea Fatigue Congestion or runny nose

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MANY SYMPTOMS OF COVID-19 ARE ALSO PRESENT IN COMMON ILLNESSES

SYMPTOMS OF COVID-19	STREP THROAT	COMMON COLD	FLU	ASTHMA	SEASONAL ALLERGIES
Fever or chills	X		X		
Cough		X	X	X	X
Sore throat	X	X	X		X
Shortness of breath or difficulty breathing				X	
Fatigue		X	X	X	X
Nausea or Vomiting	X		X		
Diarrhea	X		X		
Congestion or Runny Nose		X	X		X
Muscle or body aches	X	X	X		

COVID-19 SYMPTOMS COULD BE OF A WIDE RANGE FROM MILD SYMPTOMS TO SEVERE ILLNESS THAT INCLUDES:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. Symptoms may appear **2-10 days after exposure to the virus**. People with these symptoms may have COVID-19.

Follow the steps below to care for yourself and to help protect other people in your home and community.

MILD SYMPTOMS:

1. **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

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2. **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#). If you'd like to get tested for a diagnosis, contact your healthcare provider or schedule an appointment at a publicly accessible testing site. [Find a testing site in Pennsylvania](#). If you do not want to get tested, it's still important to stay home, isolate and avoid contact with others, rest, and drink fluids. Take acetaminophen to bring down your fever. If you feel worse, call your health care provider.

SEVERE SYMPTOMS:

1. Remain home until all of the following are true or **d.** is true:
 - a. At least 10 days since the onset of symptoms.
 - b. At least 24 hours fever free without the use of fever-reducing medications.
 - c. Improvement in respiratory symptoms (i.e., cough, shortness of breath).
 - d. You may return to work if you have a doctor's note indicating that your symptoms are not related to COVID-19 and you do not require testing.**
2. For severe symptoms (including a fever above 100°), call your health care provider. If you don't have a health care provider, call the nearest hospital or urgent care to schedule an appointment.

EMERGENCY SITUATIONS:

1. Call 911. Emergency warning signs can include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face

DEFINITION OF EXPOSURE/DIRECT (CLOSE) CONTACT

An “EXPOSURE/DIRECT (CLOSE) CONTACT” is defined as:

1. Being within approximately 6 feet of an infected person COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
2. The cumulative 15 minutes exposure/direct (close) contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case), or having direct contact with infectious secretions of a COVID-19 case (e.g., touched, hugged, or kissed them).
3. You shared eating or drinking utensils.
4. They sneezed, coughed, or somehow got respiratory droplets on you.

** Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact*

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investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory PPE, such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE. At this time, differential determination of close contact for those using fabric face coverings is not recommended.

****IMPORTANT-**Keep in mind your close contact has to be within a 48 hour time frame from the time the positive COVID case is feeling symptomatic or from the day when the individual gets tested. Anything outside that time frame you are safe from your close contact with the individual.*

IF YOU HAVE HAD AN “EXPOSURE/DIRECT (CLOSE) CONTACT” WITH SOMEONE WHO HAS COVID-19 SYMPTOMS

1. There is no need for you to stay home unless you feel symptomatic yourself.
2. If you feel symptom onset remain home until you find out the status (COVID-19 symptom continuance, positive/negative COVID-19 test, etc.) of the symptomatic individual that you had EXPOSURE/DIRECT (CLOSE) CONTACT with.
3. See below if individual that you had EXPOSURE/DIRECT (CLOSE) CONTACT with turns out to be COVID positive.

EXPOSURE/DIRECT (CLOSE) CONTACT WITH A COVID-19 CASE

DEFINITION OF EXPOSURE/DIRECT (CLOSE) CONTACT

An “EXPOSURE/DIRECT (CLOSE) CONTACT” is defined as:

1. Being within approximately 6 feet of an infected person COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
2. The cumulative 15 minutes exposure/direct (close) contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case), or having direct contact with infectious secretions of a COVID-19 case (e.g., touched, hugged, or kissed them).

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3. You shared eating or drinking utensils.
4. They sneezed, coughed, or somehow got respiratory droplets on you.

** Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory PPE, such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE. At this time, differential determination of close contact for those using fabric face coverings is not recommended.*

****IMPORTANT**-Keep in mind your close contact has to be within a 48 hour time frame from the time the positive COVID case is feeling symptomatic or from the day when the individual gets tested. Anything outside that time frame you are safe from your close contact with the individual.*

DEFINITION OF CASE

CASES are people who have been infected with the virus that causes COVID-19.

FOUR POSSIBLE SCENARIOS

1. **Exposure/Direct (close) contact with someone who has COVID-19 and will not have further exposure/direct (close) contact.**

You must quarantine for a 10 day period from **date** of last exposure/direct (close) contact with COVID-19 case.

EXAMPLE:

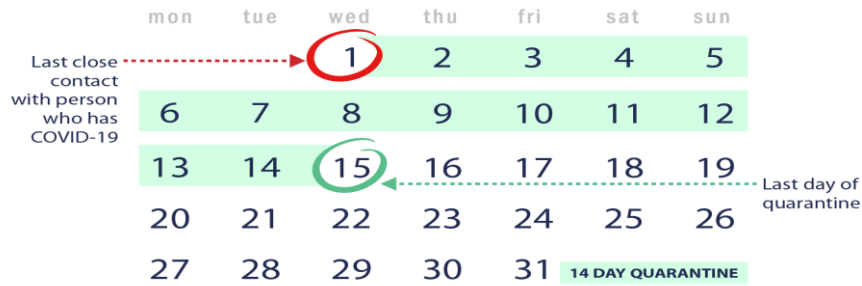
I had exposure/direct (close) contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend). Your last day of quarantine is 10 days from the date you had exposure/direct (close) contact.

DATE OF LAST CLOSE CONTACT WITH PERSON WHO HAS COVID-19 + 10 DAYS= END OF QUARANTINE.

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****Effective 12/4/20-This scenario would conclude the quarantine period on the 11th-10th day***

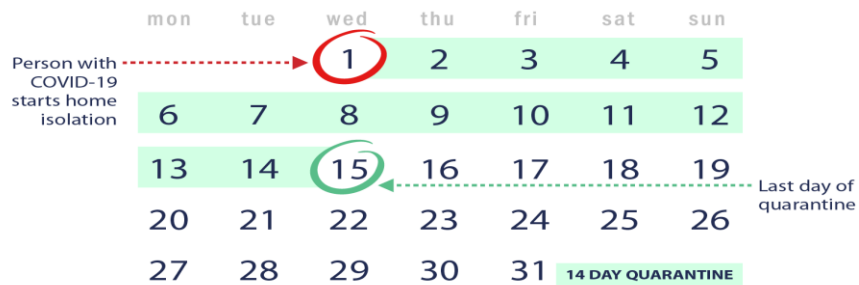
2. Exposure/Direct (close) contact with someone who has COVID-19 and live with person but can avoid further exposure/direct (close) contact.

You must quarantine for a 10 day period from **date** COVID-19 case began home isolation.

EXAMPLE:

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no exposure/direct (close) contact with the person since they isolated. Your last day of quarantine is 10 days from when the person with COVID-19 began home isolation.

DATE PERSON WITH COVID-19 BEGAN HOME ISOLATION + 10 DAYS = END OF QUARANTINE.



****Effective 12/4/20-This scenario would conclude the quarantine period on the 11th-10th day***

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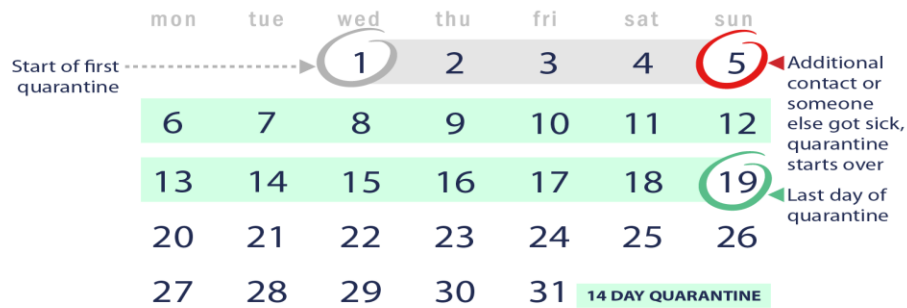
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3. **Under quarantine and had additional exposure/direct (close) contact with someone who has COVID-19.** You must restart your 10 day quarantine period from **date** of last exposure/direct (close) contact with COVID-19 case.

EXAMPLE:

I live with someone who has COVID-19 and started my 14-day quarantine period because we had exposure/direct (close) contact. What if I ended up having exposure/direct (close) contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine? Yes. You will have to restart your quarantine from the last day you had exposure/direct (close) contact with anyone in your house who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had exposure/direct (close) contact, you will need to restart your quarantine.**

DATE OF ADDITIONAL EXPOSURE/DIRECT (CLOSE) CONTACT WITH PERSON WHO HAS COVID-19 + 10 DAYS = END OF QUARANTINE.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

***Effective 12/4/20-This scenario would conclude the quarantine period on the 15th-10th day**

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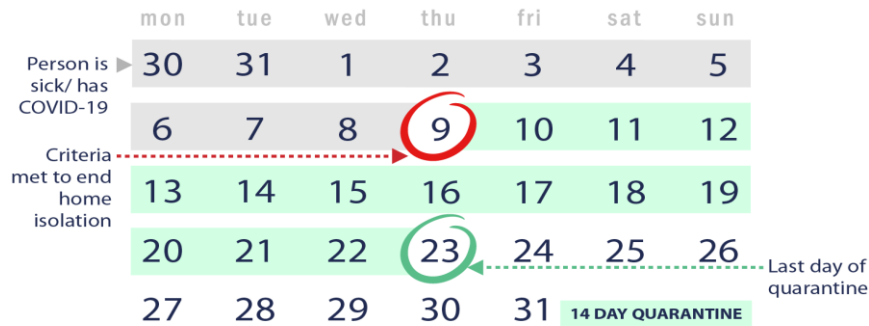
4. Live with someone who has COVID-19 and cannot avoid continued exposure/direct (close) contact.

If your exposure to the person with COVID-19 is ongoing, you must self-quarantine in your home for 10 days after the person with COVID-19 is released from isolation. If you do not live in the same household as the person with COVID-19, you must remain in quarantine in your home for 10 days from the date of last contact with the person with COVID-19.

EXAMPLE:

I live in a household where I cannot avoid exposure/direct (close) contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet. You should avoid contact with others outside the home while the person is sick, and quarantine for 10 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

DATE THE PERSON WITH COVID-19 ENDS HOME ISOLATION + 10 DAYS = END OF QUARANTINE.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

***Effective 12/4/20-This scenario would conclude the quarantine period on the 19th-10th day**

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TRAVEL AWARENESS/CONCERNS

Here is the list of states that are **recommendation** list to quarantine after you return. With the new **recommendations** that “if you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is **recommended** that you stay at home for 10 days upon return to Pennsylvania.”

NOTE: This list is subject to change! Please check current list on Department of Health (DOH) website: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Along with any missed days from work will be deducted from your sick day account with the district.

- | | | |
|------------|-------------|----------------|
| Alabama | Idaho | North Dakota |
| Arizona | Kansas | Oklahoma |
| Arkansas | Louisiana | South Carolina |
| California | Mississippi | Tennessee |
| Florida | Missouri | Texas |
| Georgia | Nevada | |

PENNSYLVANIA

New order takes effect for travelers on **Friday, November 20.**

1. The Secretary of Health issued an order requiring anyone who visits from another state to have a negative COVID-19 test within 72 prior to entering the commonwealth.
2. If someone **cannot get a test or chooses not to**, they must **quarantine for 10 days** upon arrival in Pennsylvania.
3. **Pennsylvanians visiting other states** are required to have a **negative COVID-19 test within 72 hours prior** to their **return** to the commonwealth or to quarantine for 10 days upon return to Pennsylvania.
4. This does NOT apply to people who commute to and from another state for work or medical treatment.



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ADDITIONAL RESOURCES



COVID-19 Symptomatic K-12 Student or Staff Process Flow

To be referenced with the [Public Health Guidance for School Communities During COVID-19](#)

Student or staff present with symptoms*

Symptoms **are** consistent with COVID-19
(see Example Symptom Screening Tool)

Isolate from non-symptomatic students/staff – separate room or separate space in nurse's office

Send home with referral to healthcare provider

Evaluation by healthcare provider/Investigation and notification by Public Health**

Positive COVID-19 test (case) or person is a close contact to person with COVID-19 – isolate case for 10 days/quarantine contact for 14 days

PA Dept. of Health (DOH)/County-Municipal Health Departments (CMHD) staff contacts individual or parent/ guardian and school entity to provide guidance and recommendations, including isolation for the case and quarantine for close contacts

Return to school***

Symptoms **are not** consistent with COVID-19

Assess using normal school policies

Return to school

* Notifying DOH or CMHD staff is not necessary for symptomatic students, staff, and faculty as other non-COVID-19 illnesses may present with similar symptoms. School nurses should contact DOH CMHD staff for further guidance if a parent/guardian/caregiver notifies the school of potential exposure by a student, staff member, or school visitor.

** For staff and students, who are not currently a close contact or quarantined, presenting with symptoms that may be associated with COVID-19 may return to school when any one of the following applies:

- Symptomatic individual/child not tested: exclude for 10 days from symptom onset AND at least 24 hours after fever resolution (if present) AND improved respiratory symptoms; or
- Symptomatic individual/child clinically cleared by primary medical doctor, certified school nurse or other health care provider: exclude until afebrile for 24 hours (if fever present) and symptoms improving; or
- Symptomatic individual/child with test negative: exclude until afebrile for 24 hours (if fever present) AND improved respiratory symptoms.

*** There is no need for a "negative test" for student or staff diagnosed with COVID-19 to return to school. Follow public health isolation guidance.



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RECOMMENDATIONS FOR PRE-K TO 12 SCHOOLS FOLLOWING IDENTIFICATION OF A CASE(S) OF COVID-19

Recommendations for **Small (<500 Students) Pre-K to 12 School Buildings Following Identification of a Case(s) of COVID-19**

It is important to note that a significant and/or widespread outbreak may require moving to a more remote-based instructional model more quickly. DOH will provide proactive consultative assistance to school entities should such an outbreak occur.

Level of Community Transmission in the County	Number of Cases of COVID-19 Within a rolling 14-day period: 1 student or 1 staff	Number of Cases of COVID-19 Within a rolling 14-day period: 2-4 students/staff in same school building who are not household contacts	Number of Cases of COVID-19 Within a rolling 14-day period: 5+ students/staff in same school building
Low	<ul style="list-style-type: none"> School does not need to close Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 1-2 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 5 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
Moderate	<ul style="list-style-type: none"> School does not need to close Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 1-2 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 5 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
Substantial[†]	<ul style="list-style-type: none"> School should consider altering schedule to significantly decrease number of students on site Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> School should consider altering schedule to significantly decrease number of students on site Close school(s) for 2-3 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> School should consider altering schedule to significantly decrease number of students on site Close school(s) for 5 days* Clean entire school Public health staff will direct close contacts to quarantine



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Recommendations for **Medium (500-900 students) Pre-K to 12 School Buildings Following Identification of a Case(s) of COVID-19**

It is important to note that a significant and/or widespread outbreak may require moving to a more remote-based instructional model more quickly. DOH will provide proactive consultative assistance to school entities should such an outbreak occur.

<u>Level of Community Transmission in the County</u>	Number of Cases of COVID-19 Within a rolling 14-day period: 1-3 students or staff	Number of Cases of COVID-19 Within a rolling 14-day period: 4-6 students/staff in same school building who are not household contacts	Number of Cases of COVID-19 Within a rolling 14-day period: 7+ students/staff in same school building
Low	<ul style="list-style-type: none"> School does not need to close Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 1-2 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 5 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
Moderate	<ul style="list-style-type: none"> School does not need to close Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 1-2 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 5 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
Substantial[†]	<ul style="list-style-type: none"> School should consider altering schedule to significantly decrease number of students on site Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> School should consider altering schedule to significantly decrease number of students on site Close school(s) for 2-3 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> School should consider altering schedule to significantly decrease number of students on site Close school(s) for 5 days* Clean entire school Public health staff will direct close contacts to quarantine

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Recommendations for **Large (>900 students) Pre-K to 12 School Buildings Following Identification of a Case(s) of COVID-19**

It is important to note that a significant and/or widespread outbreak may require moving to a more remote-based instructional model more quickly. DOH will provide proactive consultative assistance to school entities should such an outbreak occur.

Level of Community Transmission in the County	Number of Cases of COVID-19 Within a rolling 14-day period: 1-5 students or staff	Number of Cases of COVID-19 Within a rolling 14-day period: 6-10 students/staff in same school building who are not household contacts	Number of Cases of COVID-19 Within a rolling 14-day period: 11+ students/staff in same school building
Low	<ul style="list-style-type: none"> School does not need to close Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 1-2 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 5 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
Moderate	<ul style="list-style-type: none"> School does not need to close Clean area(s) where case spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 1-2 days* Clean area(s) where cases spent time Public health staff will direct close contacts to quarantine 	<ul style="list-style-type: none"> Close school(s) for 5 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
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* If case investigations, contact tracing, and cleaning and disinfecting can be accomplished in a faster time frame, the length of closure time may be shortened.

†DOH and PDE recommend a Blended Learning Model for Elementary Only or Full Remote Learning Model for all schools in counties with substantial level of community transmission. Schools that choose to pursue in-person instruction or other models in which school-buildings are utilized by students and/or staff should follow the recommendations here.

*On January 7, 2021 PDE/DOH updated guidance to include the option of a blended learning model for elementary students only

RECOMMENDATIONS FOR PRE-K TO 12 SCHOOLS IN DETERMINING INSTRUCTIONAL MODELS

This chart below, using measurements from the White House Coronavirus Task Force, identifies thresholds representing low, moderate, or substantial community transmission of COVID-19, and corresponding instructional models recommended by the Departments of Health and Education.

For ease of use, once per week, the Department of Education will publish a list identifying the level of community transmission in each county over the most recent 7-day reporting period. Access this list, which is called the [Level of Community Transmission Table](#).

If fewer than 10 new cases are reported in a county in the most recent 7-day reporting period, the county will automatically qualify as exhibiting a low level of community transmission.

Level of Community Transmission in the County	Incidence Rate per 100,000 Residents (Most Recent 7 Days)	AND/OR	PCR Percent Positivity (Most Recent 7 Days)	Recommended Instructional Models
Low	<10	AND	<5%	Full in-person Model
Moderate	10 to <100	OR	5% to <10%	Full in-person Model OR Blended Learning Model
Substantial	≥100	OR	≥10%	Blended Learning Model OR Full Remote Learning Model

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ADDITIONAL NOTES

Please contact your direct SSD supervisor if you experience any conditions listed in this document.

QUARANTINE EXCEPTION

People who have tested positive for COVID19 do not need to quarantine or get tested again for up to three months as long as they do not develop symptoms again. People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

QUARANTINE START AND END TIMES

The time quarantine ends is based on the time quarantine started. If your quarantine starts at noon on day one, then it would end at noon on the last day.

HELPFUL WEBSITES

- <https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/ReopeningPreKto12/PublicHealthGuidance/Pages/SchoolClosureRecommendations.aspx>
- <https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Pages/WhatsNew.aspx>
- <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Department of Health 1-877-PA HEALTH (1-877-724-3258)

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GLOSSARY OF TERMS

Cases are people who have been infected with the virus that causes COVID-19.

Close contacts are individuals who have been exposed (within 6 feet distance for at least 15 consecutive minutes) to someone who is a case during the infectious period, and it is unknown if the contact will go on to develop COVID-19. See [DOH Health Alert Network \(HAN\) 533](#) for more information on determining a close contact. Public health staff determine close contacts after a case interview. In some school situations, it might be difficult to determine whether individuals are contacts or whether an entire cohort, classroom, or other group (extracurricular activity members) might need to be considered exposed, particularly if people have spent time together indoors.

Public health staff will work with school administrators to determine whether entire classrooms or other cohort groups need to be quarantined. Based on these discussions, public health staff will direct close contacts to **quarantine** for up to 14 days from the last exposure to the case; this includes household contacts (like siblings and parents/guardians/caregivers) who attend or work in other schools. See [DOH Health Alert Network \(HAN\) 559](#) for more information on quarantine recommendations after exposure to COVID-19 and [HAN 562](#) for quarantine recommendations after an antigen test.

Isolation is when the public health staff direct cases to stay home, in a hospital, or in a care facility to ensure they do not expose others with COVID-19. Individuals who are experiencing symptoms of COVID-19 should be immediately isolated while waiting for test results. Public health staff handles case investigation steps including determining close contacts during the infectious period.

Positive - only includes individuals with a lab-confirmed positive test.

Individuals who were in proximity to a positive case are notified and will be monitored for symptoms for 10 days.

Quarantine - includes individuals who might have been exposed to COVID-19 or who've recently had close contact with someone with COVID-19.

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VACCINATION

When You've Been Fully Vaccinated

How to Protect Yourself and Others

Updated Apr. 2, 2021

COVID-19 vaccines are effective at protecting you from getting sick. Based on [what we know](#) about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should [keep taking precautions](#)—like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces—in public places until we know more.

These recommendations can help you make decisions about daily activities after you are fully vaccinated. They are *not* intended for [healthcare settings](#).

Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

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If You've Been Fully Vaccinated

You Can



Visit inside a home or private setting without a mask with other fully vaccinated people of any age



Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness



Travel domestically without a pre- or post-travel test



Travel domestically without quarantining after travel



Travel internationally without a pre-travel test depending on destination



Travel internationally without quarantining after travel

You Shouldn't



Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19

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Attend medium or large gatherings

paper iconDownload and print: [What You Can Do Once You Have Been Fully Vaccinated pdf icon](#)[PDF – 1 page]

What You Can Start to Do

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask or staying 6 feet apart.
- You can gather indoors with unvaccinated people of any age from one other household (for example, visiting with relatives who all live together) without masks or staying 6 feet apart, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to [the situation at your international destination](#) before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to [show a negative test result](#) or documentation of recovery from COVID-19 **before** boarding a flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What You Should Keep Doing

For now, if you've been fully vaccinated:

- You should still take steps to [protect yourself and others](#) in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:

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- In public
- Gathering with unvaccinated people from more than one other household
- Visiting with an unvaccinated person who is at [increased risk of severe illness or death from COVID-19](#) or who lives with a person at increased risk
- You should still avoid [medium or large-sized gatherings](#).
- If you [travel](#), you should still take steps to [protect yourself and others](#). You will still be [required to wear a mask](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others.
- You will still need to follow guidance at your workplace.