

WHAT IS A **CASE**?



A patient has a diagnosis of COVID-19.

TAKE ACTION:

Isolate.

Separate from people who are not sick to avoid spreading illness.

WHAT IS A **CONTACT**?



An individual had close contact while the case patient was infectious.

TAKE ACTION:

Quarantine.

Stay at home to limit community exposure to illness and to see if symptoms develop.

WHAT IS A **CONTACT OF A CONTACT**?



An individual had or continues to have close contact with a contact.

TAKE ACTION:

Everyday preventative actions.

Wash hands, cover coughs and sneezes, and clean surfaces frequently. Be alert for symptoms.



[School Logo]

[DATE]

Dear: [REDACTED]

We recently received information about a case of Coronavirus Disease 2019 (COVID-19) in at least one (insert student or staff) at (Insert name of Institution). Cleaning and disinfecting of the exposed location have been completed and the individual is self-isolating at home.

We will work with the Department of Health or our local health department to identify and notify close contacts of the case.

If you or your child are identified as a close contact (defined as an individual who was within 6 feet of an infectious person for at least 15 minutes or who was directly exposed to respiratory secretions [e.g., cough or sneeze]), you will be contacted by a representative of the Pennsylvania Department of Health or your local health department who will provide further information and instructions.

As the Coronavirus situation in our country and our community is developing quickly, we urge you to take necessary precautions to limit the spread of COVID-19 in our school community.

- **Wear a mask and maintain a physical distance of at least 6 feet** from any person while outside the home and avoid sharing food, drinks, or utensils.
- **Stay home when you are sick.** Watch for symptoms of COVID-19 including cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.
- **Wash your hands often with soap and water for at least 20 seconds.** Sing the Happy Birthday song twice to help know when it has been 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers that contain at least 60% alcohol.
- **Cover your coughs and sneezes with a tissue and then dispose of the tissue and clean your hands immediately.** If you do not have a tissue, use your sleeve, not your hands, to cover coughs and sneezes.
- **Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.**
- **If you are contacted by the Pennsylvania Department of Health or your local health department please cooperate with monitoring and follow all instructions so that other people do not become sick.**

If you or any members of your household develop symptoms of COVID-19 or have symptoms that worsen, notify your local health department or the Pennsylvania Department of Health immediately at 1-877-724-3258 and contact a health care provider. Additionally, please contact (insert school/LEA contact name and info).

Please visit the [Pennsylvania Department of Health website](http://www.health.pa.gov) (www.health.pa.gov) for the latest and most accurate information about COVID-19.

Sincerely,

[SCHOOL ADMINISTRATOR OR OTHER PERSONNEL]

[Agency/School Logo]

[DATE]

Dear: _____

We are contacting you to let you know that [you or your child] may have been exposed to a person who has COVID-19.

COVID-19 is a disease that is capable of rapidly spreading person-to-person. If someone is infected, that person can expose other people to COVID-19 even if they show no symptoms. Symptoms of COVID-19 may include cough, shortness of breath or difficulty breathing, fever or chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea. Older adults and people who have serious chronic medical conditions are at a higher risk for serious illness.

If you or your child are identified as a close contact (defined as an individual who was within 6 feet of an infectious person for at least 15 minutes or who was directly exposed to respiratory secretions [e.g., cough or sneeze]), you will be contacted by a representative of the Pennsylvania Department of Health or your local health department who will provide further information and instructions.

Even if you or your child are not notified that you are a close contact, please do the following for the next 14 days:

1. Take [your temperature/your child's temperature] once daily to check for fever (a body temperature of 100.4°F/38°C or higher).
2. Watch for other symptoms of COVID-19 including cough, shortness of breath or difficulty breathing, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.
3. Immediately report any symptoms requiring medical attention to the Pennsylvania Department of Health (1-877-724-3258) or your local health department and contact your health care provider. Be sure to inform the provider of you or your child's possible exposure to a person with COVID-19.
4. [You/your child] should wear a mask and maintain a physical distance of at least 6 feet from any person while outside the home.
5. Practice the following hygiene measures:
 - a. Wash hands often with soap and water for at least 20 seconds.

- b. Use an alcohol-based hand sanitizer if soap and water are not available.
 - c. Cover any coughs or sneezes with an elbow, not hands.
 - d. Clean surfaces frequently, including countertops, light switches, cell phones, and other frequently touched items.
6. Be aware of any persons in your household who may be at higher risk of getting COVID-19, including individuals who are elderly, immunocompromised (e.g., someone who has cancer and is taking chemotherapy), or have another condition or illness such as diabetes or asthma. You or your child should practice physical distancing around those persons.
7. If you are contacted by the Pennsylvania Department of Health or your local health department or its representatives, please cooperate with monitoring and follow all instructions so that other people do not become sick.

If you or any members of your household develop symptoms of COVID-19 or have symptoms worsen, notify your local health department or the Pennsylvania Department of Health immediately at 1-877-724-3258 and contact a health care provider. Before seeking medical attention, let the health care provider know about the possible exposure to a case of COVID-19.

Please visit the [Pennsylvania Department of Health website](http://www.health.pa.gov) (www.health.pa.gov) for the latest and most accurate information about COVID-19.

Sincerely,

[SCHOOL ADMINISTRATOR OR OTHER PERSONNEL]



COVID-19

Public Health Guidance for Community-Related Exposure

Updated Dec. 3, 2020 [Print](#)

COVID-19 Partner Call: Vaccination Planning – What You Should Know

Dr. Brooks shared updates on CDC's COVID-19 response, including the latest scientific information and what everyone should know about protecting themselves and others. In addition, Dr. Messonnier reviewed CDC COVID-19 Vaccination Planning and shared What You Should Know.

Summary of Changes

On December 3, 2020

- Updated language to align with new quarantine guidance.

On November 16, 2020

- Updated language to clarify what precautions exposed healthcare personnel should take when in the community setting.

On October 21, 2020

- Added links to the updated close contact definition.
- Updated language to align with updated definition.

On June 4, 2020

- Added exposure to people with confirmed COVID-19 who have not had any symptoms to this Guidance.

The following guidance is provided for definitions and management of contacts of people with COVID-19. Separate guidance is available for [international travelers](#). Healthcare personnel (HCP) should follow CDC's [Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19](#) regarding work restrictions if they have potential exposure to people with COVID-19. HCPs who are [excluded from work due to an exposure](#) should stay away from others in the community setting per this community guidance. While some HCPs might [continue to work in the healthcare setting](#) after an exposure, these individuals should stay away from others when in the community setting per this community guidance. See also CDC's guidance for [Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#). Individuals should always follow guidance of the state and local authorities.

Public health recommendations have been updated to accommodate new scientific evidence, evolving epidemiology, and the need to simplify risk assessment. New recommendations are based on:

- Growing evidence of transmission risk from infected people without symptoms (asymptomatic) or before the onset of recognized symptoms (presymptomatic);
- Increased community transmission in many parts of the country;
- A need to communicate effectively to the general public;
- Continued focus on reducing transmission through social distancing and other [personal prevention strategies](#).

Individual who has had close contact (within 6 feet for a total of 15 minutes or more)

Exposure to

- Person with COVID-19 who has [symptoms](#) (in the period from 2 days before symptom onset until they meet criteria for [discontinuing home isolation](#); can be laboratory-confirmed or a clinically compatible illness)
- Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any [symptoms](#) (in the 2 days before the date of specimen collection until they meet criteria for [discontinuing home isolation](#)).

Note: This is irrespective of whether the person with COVID-19 or the contact was wearing a mask or whether the contact was wearing respiratory personal protective equipment (PPE)

Recommended Precautions for the Public

- Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times
- The best way to protect yourself and others is to [stay home for 14 days if you think you've been exposed to someone who has COVID-19](#). Check your [local health department's website](#) for information about options in your area to possibly shorten this quarantine period.
- Self-monitor for symptoms
 - Check temperature twice a day
 - Watch for fever ^[1], cough, or shortness of breath, or other [symptoms](#) of COVID-19
- Avoid contact with [people at higher risk for severe illness](#) from COVID-19
- Follow [CDC guidance](#) if symptoms develop

All U.S. residents, other than those with a known risk exposure

Exposure to

- Possible unrecognized COVID-19 exposures in U.S. communities

Recommended Precautions for the Public

- [Practice social distancing](#) and other [personal prevention strategies](#)
- Be alert for symptoms
 - Watch for fever ^[1], cough, or shortness of breath, or other [symptoms](#) of COVID-19
 - Check temperature if symptoms develop
- Follow [CDC guidance](#) if symptoms develop

¹ For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100.4°F (38°C) or higher. Note that fever may be intermittent or may not be present in some people, such as those who are elderly, immunocompromised, or taking certain fever-reducing medications (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs]).

Integration of these definitions and actions into communications and actions of public health authorities can be guided by CDC's [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission](#)  [PDF – 62 pages]



COVID-19

Cleaning and Disinfecting Your Facility

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

Updated Jan. 5, 2021

[Print](#)

How to clean and disinfect

1. Develop Your Plan

DETERMINE WHAT NEEDS TO BE CLEANED.

Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED.

Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED.

Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

2. Implement

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT.

Use an Environmental Protection Agency (EPA)-approved disinfectant against COVID-19 and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL.

The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3. Maintain and Revise

CONTINUE ROUTINE CLEANING AND DISINFECTION.

Continue or revise your plan based on appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.



Clean

MAINTAIN SAFE PRACTICES such as frequent handwashing, wearing masks, and staying home if you are sick.

CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE.

Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

- **Wear disposable gloves** to clean and disinfect and discard after use or use reusable gloves that are dedicated only for cleaning and disinfecting. Always **wash hands** after removing gloves.
- **Clean any dirty surfaces using soap and water first, then use disinfectant.**
- Cleaning with soap and water **reduces the number of germs, dirt, and impurities** on the surface. **Disinfecting kills any remaining germs** on surfaces, which further reduces any risk of spreading infection.
 - **Practice routine cleaning** and disinfection of frequently touched surfaces. More frequent cleaning and disinfection may be required based on level of use.
 - Surfaces and objects in public places, such as shopping carts, point of sale keypads, pens, counters, vending machines, and ATMs should be cleaned and disinfected before each use or as much as possible.
 - **Other high touch surfaces include:** Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks.



Disinfect

- **Disinfect with a disinfectant on EPA List N: Disinfectants for Coronavirus (COVID-19)** [🔗](#). Follow the instructions on the label to ensure safe and effective use of the product. Many products recommend:
 - Keeping surface wet with disinfectant for a period of time (see product label).
 - Precautions such as wearing gloves and making sure you have good **ventilation** while using the product.

Use chemical disinfectants safely! Always read and follow the directions on the label of cleaning and disinfection products to ensure safe and effective use.

- Wear gloves and consider glasses or goggles for potential splash hazards to eyes
- Ensure adequate ventilation (for example, open windows)
- Use only the amount recommended on the label
- Use water at room temperature for dilution (unless stated otherwise on the label)
- Label diluted cleaning solutions
- Store and use chemicals out of the reach of children and pets
- Do not mix products or chemicals
- Do not eat, drink, breathe, or inject cleaning and disinfection products into your body or apply directly to your skin as they can cause serious harm
- Do not wipe or bathe pets with any cleaning and disinfection products.

See EPA's [Six Steps for Safe and Effective Disinfectant Use](#) [🔗](#).

Special considerations should be made for people with asthma. Some cleaning and disinfection products can trigger asthma. Learn more about [reducing your chance of an asthma attack while disinfecting to prevent COVID-19](#).

- If products on [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) [🔗](#) are not available, bleach solutions can be used if appropriate for the surface and will be effective against coronaviruses when properly diluted.
 - Most household bleach contains 5%–9% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified, such as some types of laundry bleach or splash-less bleach as these are not appropriate for disinfection.
 - **Follow the directions on the bleach bottle for preparing a diluted bleach solution.** If your bottle does not have directions, you can make a bleach solution for disinfecting by mixing:
 - 5 tablespoons (1/3 cup) of bleach per gallon of room temperature water OR
 - 4 teaspoons of bleach per quart of room temperature water

- Follow the manufacturer's application instructions for the surface. If instructions are not available, leave the diluted bleach solution on the surface for at least 1 minute before removing or wiping. This is known as the "contact time" for disinfection. The surface should remain visibly wet during the contact time.
- Ensure proper ventilation during and after application (for example, open windows).
- Never mix household bleach (or any disinfectants) with any other cleaners or disinfectants. This can cause vapors that may be very dangerous to breathe in.
- Make a new diluted bleach solution daily. Bleach solutions will not be as effective after being mixed with water for over 24 hours.



Soft (porous) surfaces

For soft (porous) surfaces such as carpet, rugs, and drapes

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.


OR

- Disinfect with a household disinfectant on [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#)  approved for use on porous surfaces
- **Vacuum as usual.**



Electronics

For electronics, such as tablets, touch screens, keyboards, remote controls, and ATM machines

- Consider putting a **wipeable cover** on electronics, which make cleaning and disinfecting easier.
- **Follow manufacturer's instructions and recommendations** for cleaning the electronic item.
- For electronic surfaces that can be cleaned or disinfected, use a product on [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) . Many of the products for electronics contain alcohol because it dries quickly.



Laundry

For clothing, towels, linens and other items that go in the laundry:

- To minimize the possibility of dispersing the virus through the air, do not shake dirty laundry.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Launder items according to the manufacturer's instructions. If possible, **use the warmest appropriate water setting** and dry items completely.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Wash hands** after handling dirty laundry.



Cleaning and disinfecting your building or facility when someone is sick or has a COVID-19 diagnosis

- **Close off areas** used by the person who is sick.
- **Open outside doors and windows** and use fans or other **engineering controls** to increase air circulation in the area. **Wait 24 hours** before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect the immediate workspace used **by the person who is sick or diagnosed with COVID-19**, such as the surfaces in their office or cubicle. If common areas such as bathrooms or shared items have already been routinely cleaned and disinfected, there is no need for additional action.
- **Vacuum the space if needed.** Use a vacuum equipped with high-efficiency particulate air (HEPA) filter and bags, if available.
- Do not vacuum a room or space that has people in it. Wait until the room or space is empty to vacuum, such as at night, for common spaces, or during the day for private rooms.
 - Wear disposable gloves to clean and disinfect. For soft (porous) surfaces such as carpeted floors or rugs, clean the surface with detergents or **cleaners** appropriate for use on these surfaces, according to the textile's label. After cleaning, disinfect with an appropriate disinfectant on EPA List N: **Disinfectants for Coronavirus (COVID-19)** [\[link\]](#). Soft and porous materials, like carpet, are generally not as easy to disinfect as hard and non-porous surfaces. EPA has listed a limited number of products approved for disinfection for use on soft and porous materials on List N. Follow the disinfectant manufacturer's safety instructions (such as wearing gloves and ensuring adequate ventilation), for concentration level, application method and contact time. Allow sufficient drying time if vacuum is not intended for wet surfaces.
 - While vacuuming, temporarily turn off in-room, window-mounted, or on-wall recirculation HVAC to avoid contamination of the HVAC units.
 - Do NOT deactivate central HVAC systems. These systems tend to provide better filtration capabilities and introduce outdoor air into the areas that they serve.
- Once area has been **appropriately disinfected, it can be opened for use.**
 - If **more than 7 days** since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary. Continue routine cleaning and disinfection. This includes everyday practices that businesses and communities normally use to maintain a healthy environment.



Cleaning and disinfecting outdoor areas

- Outdoor areas generally only require **normal routine cleaning**.
- Spraying disinfectants in outdoor areas, such as sidewalks, roads, and groundcover, is not an efficient use of supplies and is not proven to reduce risk of COVID-19.
- High touch surfaces made of plastic or metal, such as grab bars, play structures, and railings should be cleaned routinely. The targeted use of disinfectants can be done effectively, efficiently, and safely on outdoor hard surfaces and objects frequently touched by multiple people; make sure disinfectant has thoroughly dried before allowing children to play.
- Cleaning and disinfection of wooden surfaces (wood play structures, benches, tables) or groundcovers (mulch, sand) is not recommended, as the material is difficult to clean.
- Certain outdoor areas and facilities, such as **bars and restaurants**, may have additional requirements.



When cleaning

- When cleaning
 - **Regular cleaning staff** can clean and disinfect community spaces.
 - Ensure they are trained on appropriate use of cleaning and disinfection chemicals.
 - **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.

- Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
 - Wash your hands immediately after removing gloves and after contact with a person who is sick.
- Follow normal preventive actions while at work and home, including washing hands often for at least 20 seconds and avoiding touching eyes, nose, or mouth with unwashed hands. **It is especially important to wash hands:**
 - After blowing one's nose, coughing, or sneezing.
 - Before and after touching your eyes, nose, or mouth.
 - After using the restroom.
 - Before and after entering or leaving a public place.
 - Before and after touching your mask.
 - After changing a diaper.
 - Before eating or preparing food.
 - After touching animals or pets.
 - After caring for an ill person.

Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water for at least 20 seconds.

- **Always read and follow the directions on the label** to ensure safe and effective use.
- Keep hand sanitizers away from fire or flame
- For children under six years of age, hand sanitizer should be used with adult supervision
- Always store hand sanitizer out of reach of children and pets

See [FDA's Tips for Safe Sanitizer Use](#) and [CDC's Hand Sanitizer Use Considerations](#)



Additional considerations for employers

- **Educate workers** performing cleaning, laundry, and trash pick-up to recognize the symptoms of COVID-19.
- **Develop policies for worker protection and provide training** to all cleaning staff on site prior to providing cleaning tasks.
 - Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.
- Ensure workers are trained on the hazards of the cleaning chemicals used in the workplace in accordance with OSHA's Hazard Communication standard ([29 CFR 1910.1200](#)).
- **Comply with OSHA's standards** on Bloodborne Pathogens ([29 CFR 1910.1030](#)), including proper disposal of regulated waste, and PPE ([29 CFR 1910.132](#)).



Alternative disinfection methods

- CDC only recommends use of the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) against the virus that causes COVID-19.
- The efficacies of [alternative disinfection methods](#), such as ultrasonic waves, high intensity UV radiation, and LED blue light against the virus that causes COVID-19 are not known. EPA does not routinely review the safety or efficacy of pesticidal devices, such as UV lights, LED lights, or ultrasonic devices.
- CDC does not recommend the use of sanitizing tunnels. Currently, there is no evidence that sanitizing tunnels are effective in reducing the spread of COVID-19. Chemicals used in sanitizing tunnels could cause skin eye or respiratory irritation or injury.

skin, eye, or respiratory irritation or injury.

- Follow the manufacturer's instructions for fogging, fumigation, and wide-area or electrostatic spraying; and make sure that the product used is intended for this type of application by consulting [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) [↗](#) .



For facilities that house people overnight

- Follow CDC's guidance for [colleges and universities](#). Work with state and local health officials to determine the best way to isolate people who are sick and if temporary housing is needed.
- For guidance on cleaning and disinfecting the bedroom/bathroom for someone who is sick, review CDC's guidance on [disinfecting your home if someone is sick](#).

More information

[Transport Vehicles](#)

[Building Ventilation](#)

Last Updated Jan. 5, 2021

Additional Factors to Determine Close Contacts of Persons with COVID-19

DATE:	10/26/2020
TO:	Health Alert Network
FROM:	Rachel Levine, MD, Secretary of Health
SUBJECT:	Additional Factors to Determine Close Contacts of Persons with COVID-19
DISTRIBUTION:	Statewide
LOCATION:	n/a
STREET ADDRESS:	n/a
COUNTY:	n/a
MUNICIPALITY:	n/a
ZIP CODE:	n/a

This transmission is a “Health Advisory”, provides important information for a specific incident or situation; may not require immediate action.

HOSPITALS: PLEASE SHARE WITH ALL MEDICAL, PEDIATRIC, NURSING AND LABORATORY STAFF IN YOUR HOSPITAL; **EMS COUNCILS:** PLEASE DISTRIBUTE AS APPROPRIATE; **FQHCs:** PLEASE DISTRIBUTE AS APPROPRIATE **LOCAL HEALTH JURISDICTIONS:** PLEASE DISTRIBUTE AS APPROPRIATE; **PROFESSIONAL ORGANIZATIONS:** PLEASE DISTRIBUTE TO YOUR MEMBERSHIP; **LONG-TERM CARE FACILITIES:** PLEASE SHARE WITH ALL MEDICAL, INFECTION CONTROL, AND NURSING STAFF IN YOUR FACILITY

- Identification and quarantine of close contacts associated with individuals infected with COVID-19 is critical to the public health response as it can help slow disease transmission.
- Transmission is most commonly spread when two people are in close contact with one another (within 6 feet, or 2 arm lengths).
- The nature and duration of contact also need to be considered when assessing close contacts. In general, time periods of 15 minutes or more appear to present the greatest risk.
- This message is being disseminated to further clarify new guidance from CDC regarding how the 15-minute exposure time should be assessed and suggested implementation in PA.

This Health Advisory provides recommendations and considerations for determining close contacts to people with SARS-CoV-2 infection. Pennsylvania Department of Health (DOH) provides this guidance based on available information about COVID-19 and is subject to change.

On October 21, 2020, the Centers for Disease Control and Prevention (CDC) updated its [definition](#) of close contact to “someone who was within 6 feet of an infected person for a **cumulative total** of 15 minutes or more over a 24-hour period.” The guidance goes on to note that data to precisely define “close contact” are limited, and that there are additional factors to consider when defining “close contact.”

DOH recommends using 15 **consecutive** minutes of exposure at a distance of 6 feet or less as an operational definition for “close contact.” **However**, there are circumstances when someone should be considered a close contact of a case after being within 6 feet for fewer than 15 consecutive minutes.

Additional factors that should be considered when assessing close contacts include:

- Being in extremely close proximity (e.g., face to face).
- Having a prolonged exposure time.
- The infected person exhibiting symptoms.
- The infected person generating respiratory aerosols (e.g., coughing, singing, shouting).
- The presence of environmental conditions (e.g., crowding, inadequate ventilation, or being indoors).

These factors may result in a person being identified as a close contact even if contact time is less than 15 consecutive or cumulative minutes. In addition, individuals with numerous brief interactions totaling 15 minutes or more can be considered close contacts if this can easily be assessed operationally. Assessing the nature of the interaction in its entirety is important to determining the risk of transmission in that specific scenario.

If a patient is identified as being a close contact of a COVID-19 case, DOH strongly recommends that they be tested for SARS-CoV-2 at least 2-3 days after the exposure, regardless of the presence of symptoms. Information about insurance coverage and COVID-19 testing can be found [here](#). Results should be reported to DOH within 24 hours of the test's completion.

If you have questions about this guidance, please call your local health department or **1-877-PA-HEALTH (1-877-724-3258)**.

Individuals interested in receiving further PA-HANs are encouraged to register at <https://han.pa.gov/>.

Categories of Health Alert messages:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.

This information is current as of October 26, 2020 but may be modified in the future. We will continue to post updated information regarding the most common questions about this subject.

Updated Quarantine Recommendations for Persons Exposed to COVID-19

DATE:	12/4/2020
TO:	Health Alert Network
FROM:	Rachel Levine, MD, Secretary of Health
SUBJECT:	Updated Quarantine Recommendations for Persons Exposed to COVID-19
DISTRIBUTION:	Statewide
LOCATION:	n/a
STREET ADDRESS:	n/a
COUNTY:	n/a
MUNICIPALITY:	n/a
ZIP CODE:	n/a

This transmission is a "Health Alert," conveys the highest level of importance; warrants immediate action or attention.

HOSPITALS: PLEASE SHARE WITH ALL MEDICAL, PEDIATRIC, NURSING AND LABORATORY STAFF IN YOUR HOSPITAL; **EMS COUNCILS:** PLEASE DISTRIBUTE AS APPROPRIATE; **FQHCs:** PLEASE DISTRIBUTE AS APPROPRIATE; **LOCAL HEALTH JURISDICTIONS:** PLEASE DISTRIBUTE AS APPROPRIATE; **PROFESSIONAL ORGANIZATIONS:** PLEASE DISTRIBUTE TO YOUR MEMBERSHIP; **LONG-TERM CARE FACILITIES:** PLEASE SHARE WITH ALL MEDICAL, INFECTION CONTROL, AND NURSING STAFF IN YOUR FACILITY

- DOH is providing options to shorten quarantine for contacts of persons with SARS-CoV-2 infection. The most protective recommended quarantine period remains at 14 days post exposure. Quarantine can end after Day 10 without testing if no symptoms have been reported during daily monitoring.
- When testing resources are sufficient, quarantine can end after day 7 if a diagnostic specimen (e.g., RT-PCR, antigen) tests negative and is collected on day 5 or thereafter and the person remains asymptomatic.
- Quarantine may not be further shortened beyond the end of day 7.
- Testing of symptomatic persons seeking evaluation for infection must be prioritized over testing for early discontinuation of quarantine.
- These updated recommendations are for the community at large and **do not apply to healthcare settings.**
- If you have questions about this guidance, please call your local health department or 1-877-PA-HEALTH (1-877-724-3258).

On December 2, the Centers for Disease Control and Prevention (CDC) updated their [recommendations](#) for quarantine of people exposed to SARS-CoV-2 to include options to reduce the quarantine period. The Pennsylvania Department of Health (DOH) provides this guidance based on available information about COVID-19 and is subject to change.

This guidance is provided for the community and does **NOT** apply to healthcare or congregate settings. Patients and residents in healthcare settings exposed to COVID-19 should be treated as per healthcare

guidance outlined in [PA-HAN-526](#) or its successor. Staff working in a healthcare setting who are exposed to COVID-19 should follow guidance outlined in [PA-HAN-510](#) or its successor.

Quarantine is used to separate someone who might have been exposed to COVID-19 away from others. This individual may or may not develop illness. Quarantine helps prevent spread of disease that can occur before a person knows they have the virus. DOH recognizes that any quarantine shorter than 14 days balances reduced burden to the individual under quarantine against a small possibility of increasing the spread of the virus.

The recommendation for a 14-day quarantine was based on estimates of the upper bounds of the COVID-19 incubation period. Quarantine's importance was highlighted after it became evident that persons are able to transmit SARS-CoV-2 before symptoms develop, and that a substantial portion of infected persons never develop symptomatic illness but can still transmit the virus. In this context, quarantine is a critical measure to control transmission.

While a shortened quarantine period may increase the public's willingness to adhere to public health recommendations, the overall reduction in transmission and increased compliance will require evaluation; not only in terms of compliance with quarantine and contact tracing activities, but also for any potential negative impacts such as post-quarantine transmission. The most protective recommended quarantine period remains at 14 days post exposure.

Quarantine begins after the date of last exposure (Day 0) to a person with SARS-CoV-2 who is infectious. For persons with COVID-19 who cannot isolate from their household members, the household members' quarantine period begins when the case is no longer infectious. Refer to [PA-HAN 518](#) for additional information about infectious periods.

After reviewing the recommendations and research from the CDC, DOH recommends the following alternative options to a 14-day quarantine:

- Quarantine can end after Day 10 without testing and if **no symptoms** have been reported during daily monitoring. However, it is recommended that symptom monitoring continue until day 14.
- If diagnostic testing resources are sufficient and available, quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring.
 - The specimen must be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

In order to discontinue quarantine after Day 7, specimens must be collected on or after Day 5. Specimens collected prior to this date will **not** be sufficient to allow quarantine to end early. Either RT-PCR or antigen tests would be acceptable testing methods for discontinuation of quarantine.

Persons can discontinue quarantine at these time points only if the following criteria are also met:

- No clinical evidence of COVID-19 has been elicited by daily symptom monitoring during the entirety of quarantine up to the time at which quarantine is discontinued; and,
- Daily symptom monitoring continues through quarantine Day 14; and,
- Persons are counseled regarding the need to adhere strictly through Day 14 after exposure to all recommended non-pharmaceutical interventions (e.g., masking, physical distancing).
 - If any symptoms develop, they should immediately self-isolate and contact the DOH at 1-877-PA-HEALTH, their local health department or their healthcare provider to report this change in clinical status.

Testing for the purpose of earlier discontinuation of quarantine should be considered only if it will have no impact on community diagnostic testing. **Testing of symptomatic persons seeking evaluation for infection must be prioritized.**

This guidance is provided for the community and does **NOT** apply to healthcare or certain congregate settings. DOH recommends that non-healthcare congregate settings, such as prisons and shelters, continue to follow recommendations for a 14-day quarantine period. COVID-19 transmission within these setting can be difficult to control, and the increased transmission risk associated with shortening the quarantine time periods may be problematic in these settings. Other congregate settings, such as college dormitories, can consider implementing the shortened quarantine period but factors such as mask compliance and density of living conditions, along with the increased risk of transmission, should be carefully considered before implementing a reduced quarantine period. Daycare centers and K-12 schools can opt to shorten quarantine periods as described above as long as continued symptom monitoring for the full 14 days and other non-pharmaceutical interventions (e.g., masking, physical distancing) are strictly adhered to.

Persons exposed to COVID-19 who can continue to quarantine for the full 14 days may consider this, as this is the most protective quarantine. The above guidance regarding reduced quarantine periods (i.e., day 10 after exposure or day 7 after exposure with a test after day 5) provide an option for individuals where a 14-day quarantine may cause an undue burden. All recommendations should be considered, with the reminder that the 14-day option maximally reduces risk of post-quarantine transmission and remains the strategy with the greatest collective experience showing reduced disease transmission at the present time.

If you have questions about this guidance, please call your local health department or **1-877-PA-HEALTH (1-877-724-3258)**.

Individuals interested in receiving further PA-HANs are encouraged to register at <https://han.pa.gov/>.

Categories of Health Alert messages:

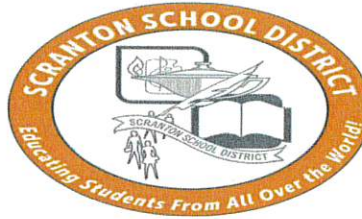
Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.

This information is current as of December 3, 2020 but may be modified in the future. We will continue to post updated information regarding the most common questions about this subject.

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2020-21 SSD EMPLOYEE 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).

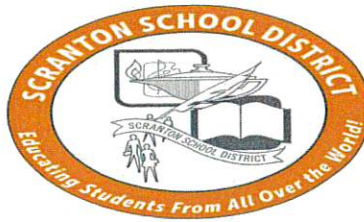
IF YOU HAVE COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported. Symptoms may appear 2-14 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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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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 **2-14 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.
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:

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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 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

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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).
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.*

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

****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 14 day period from **date** of last exposure/direct (close) contact with COVID-19 case.

EXAMPLE:

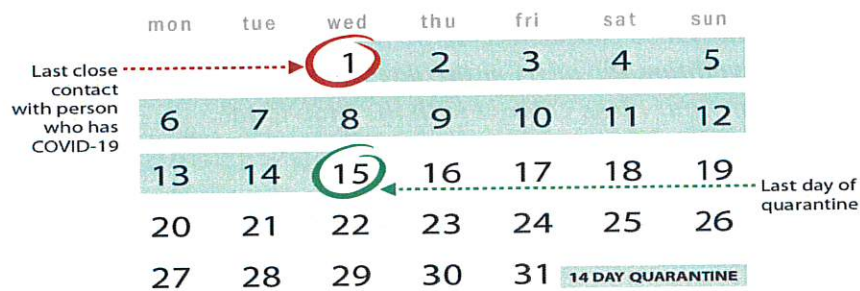
I had exposure/direct (close) contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend). Your last day of quarantine is 14 days from the date you had exposure/direct (close) contact.

DATE OF LAST CLOSE CONTACT WITH PERSON WHO HAS COVID-19 + 14 DAYS= END OF QUARANTINE.

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last 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 14 day period from **date** COVID-19 case began home isolation.

EXAMPLE:

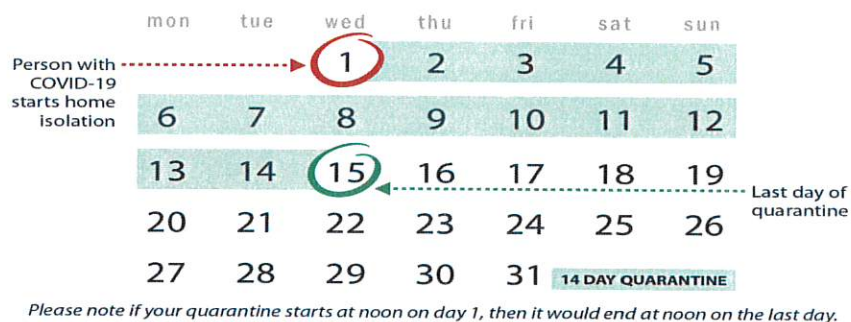
I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no exposure/direct (close) contact with the person since they isolated. Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

DATE PERSON WITH COVID-19 BEGAN HOME ISOLATION + 14 DAYS = END OF QUARANTINE.

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3. **Under quarantine and had additional exposure/direct (close) contact with someone who has COVID-19.**
 You must restart your 14 day quarantine period from **date** of last exposure/direct (close) contact with COVID-19 case.

EXAMPLE:

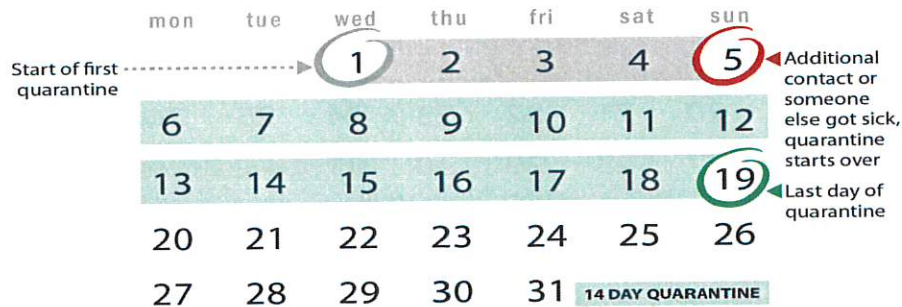
I live with someone who has COVID-19 and started my 14-day quarantine period because we had exposure/direct (close) contact. What if I ended up having exposure/direct (close) contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need 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 + 14 DAYS = END OF QUARANTINE.

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS



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

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 14 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 14 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 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

DATE THE PERSON WITH COVID-19 ENDS HOME ISOLATION + 14 DAYS = END OF QUARANTINE.

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	mon	tue	wed	thu	fri	sat	sun
Person is sick/ has COVID-19	30	31	1	2	3	4	5
Criteria met to end home isolation	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	14 DAY QUARANTINE	

Last day of quarantine

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

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 14 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
Arizona
Arkansas
California
Florida

Georgia
Idaho
Kansas
Louisiana
Mississippi

Missouri
Nevada
North Dakota
Oklahoma
South Carolina

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

Tennessee

Texas

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 14** 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 14 days upon return to Pennsylvania.
4. This does NOT apply to people who commute to and from another state for work or medical treatment.

ADDITIONAL RESOURCES



2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS



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.



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



2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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.

<u>Level of Community Transmission in the County</u>	Number of Cases of COVID-19 Within a rolling 14-day period:	Number of Cases of COVID-19 Within a rolling 14-day period:	Number of Cases of COVID-19 Within a rolling 14-day period:
	1 student or 1 staff	2-4 students/staff in same school building who are not household contacts	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 3-5 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 14 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 3-7 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 14 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 3-7 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 14 days* Clean entire school Public health staff will direct close contacts to quarantine



2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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 3-5 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 14 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 3-7 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 14 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 3-7 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 14 days* Clean entire school Public health staff will direct close contacts to quarantine



2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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.

<u>Level of Community Transmission in the County</u>	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 3-5 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 14 days* Clean entire school(s) Public health staff will direct close contacts to quarantine
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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

* 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 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 for **small, medium or large** student populations.

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 OR Blended Learning Model
Moderate	10 to <100	OR	5% to <10%	Blended Learning Model OR Full Remote Learning Model
Substantial	≥100	OR	≥10%	Blended Learning Model

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

				for Elementary Only 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>

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2020-21 SSD EMPLOYEE COVID-19/PANDEMIC PROTOCOLS

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

GLOSSARY OF TERMS

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

Close Contact - includes individuals who were within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset.

Isolation - includes individuals who have symptoms of COVID-19 and individuals who are asymptomatic but have tested positive for infection with SARS-CoV-2.

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 14 days.

