

PUBLIC HEALTH COVID-19 EXPOSURE NOTICE DEFINITIONS

QUARANTINE REQUIREMENTS

Symptom Watch (fully vaccinated individual): Symptom monitoring is allowed for those who are fully vaccinated. Symptom monitoring means that you can continue your normal activities, but you must monitor your health for 14 days after exposure to the contagious person with the COVID-19 virus and wear an approved, well-fitted mask covering both the nose and mouth while around other individuals. It is recommended for you to test 5-7 days after your last exposure. Fully vaccinated individuals are still under quarantine, during this time the vaccinated individual must conduct daily symptom monitoring.

Symptom Watch (unvaccinated or partially vaccinated individual): Symptom monitoring under a modified quarantine is allowed for individuals who were wearing an approved, well-fitted face covering at the time of exposure to a COVID-19 positive or symptomatic individual, who was also properly wearing an approved well-fitted face covering during a routine classroom exposure. The exposed student or staff must conduct daily symptom monitoring and may only continue to attend classes for the full 14-day period if the positive individual and the exposed individual were properly wearing an approved well-fitted face covering at the time of the exposure. At all other times, the exposed student or staff are to complete quarantine at home and follow the 14-day at-home quarantine requirements.

10-day, At-home Modified Quarantine, Remaining 4-days Symptom Watch (unvaccinated or partially vaccinated individual): The 10-day at home modified quarantine is for individuals who were not properly wearing an approved, well-fitted face covering at the time of exposure to a COVID-19 positive or symptomatic individual during a routine classroom exposure. Either the exposed individual, positive, or symptomatic individual was not wearing an approved face mask properly during a routine classroom exposure. The exposed student or staff must complete a 14-day quarantine period with the first 10 days after exposure under at-home quarantine. On day 11 the student or staff may return to the classroom if they remain asymptomatic, continue to conduct daily symptom monitoring, and properly wear an approved well-fitted face covering for the full 14-day period. At all other times, the exposed student or staff are to complete quarantine at home and follow the 14-day at-home quarantine requirements.

10-day At-home Modified Quarantine, Remaining 4-days Symptom Watch (unvaccinated or partially vaccinated individual) and Testing: The 10-day at home modified quarantine is for individuals who were properly wearing an approved, well-fitted face covering at the time of exposure to a COVID-19 positive or symptomatic individual during a school extracurricular activity (sports, clubs, choir, band, etc.). Both the exposed and positive or symptomatic individual was wearing an approved well-fitted face mask properly during an extracurricular activity. The exposed student or staff must complete a 14-day quarantine period with the first 10 days after exposure under at-home quarantine. During days 8-10, the exposed individual must receive a negative PCR or other proctored COVID-19 test by a medical professional. On day 11 the student or staff may return to the classroom and extracurricular activity if they remain asymptomatic, provide the negative test result, continue to conduct daily symptom monitoring, and properly wear an approved well-fitted face covering for the full 14-day period. At all other times, the exposed student or staff are to complete quarantine at home and follow the 14-day at-home quarantine requirements.

14-Day At-home Quarantine (best practice to reduce transmission): The 14-day at-home quarantine is for individuals who were not properly wearing an approved, well-fitted face covering at the time of exposure to a COVID-19 positive or symptomatic individual during a school extracurricular activity (sports, clubs, choir, band, etc.).

Quarantine means to separate and restrict the movement of well persons who are unvaccinated or partially vaccinated and may have been exposed to a contagious disease to see if they develop symptoms and become ill.

Testing out of quarantine is not an option. These individuals must comply with the following:

- Stay home; avoid public places for 14 days after the last day you were in close contact with the sick person.
 - Avoid public transportation (i.e., airplane ship, bus, long-distance bus, train, or taxi). Essential travel should be coordinated with public health.
 - Remain in the location that has been designated for your quarantine for the entire 14 days.
 - Do not go to work. Working from a home-based office is permitted.
 - Do not go to school, grocery stores, or other public places.

If the 14-day at-home quarantine period is completed and the individual remains asymptomatic, they may resume normal activities.

ISOLATION REQUIREMENTS

10-day Home Isolation: Isolation means separating ill persons who have a contagious disease from those who are healthy to help stop the spread of certain diseases. Persons infected with COVID-19 may be contagious two days before symptoms begin and until symptoms end. These individuals must comply with the following:

- Stay home; self-isolate in a separate bedroom away from others in your designated location, if possible, for 10 days from the date your symptoms started or 10 days from the date you tested positive for COVID-19 if you have not had symptoms.
 - **Stay home, except to get medical care. Before seeking ANY medical attention, you must** call and inform your healthcare provider that you were in close contact with someone who tested positive for COVID-19 and you are now ill. You will be informed of the precautions you must take to prevent infecting others at the time you are seeking medical attention. Remain in the location that has been designated for your isolation.
 - Do not go to work; working from a home-based office is permitted.

To be released from isolation you must be fever-free for at least 24 hours without the use of fever-reducing medication, have symptom improvement, and ten days must have passed since your symptoms began or you tested positive. Isolation may be extended if symptoms stay the same, worsen, or if the individual is immuno-compromised.

Daily Symptom Monitoring

All Individuals should conduct a comprehensive daily symptom check for any of the following symptoms:

- Fever (100.4 degrees Fahrenheit or higher) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion, or runny nose, nausea or vomiting, and diarrhea.
- Seek prompt medical attention if your illness worsens (e.g., shortness of breath). **Before seeking ANY medical attention, you must** call and inform your healthcare providers that you were in close contact with someone who tested positive for COVID-19, and you are now ill. Wear a face mask before entering the facility.
- If your condition requires calling 911, you **must inform the 911 operator** that you were in close contact with someone who tested positive for COVID-19, you have symptoms for COVID-19, and you are now ill. If possible, put on a face mask before emergency medical services arrive.

If you are not vaccinated, it is highly recommended to get vaccinated once your quarantine or isolation period is completed.