

K-12 Schools During the COVID-19 Pandemic | Modified Isolation and Quarantine Requirements

July 28, 2020

This guide specifically addresses requirements around maintaining continuity of learning in the situation where all students and staff in a classroom are exposed to COVID-19; namely the modified quarantine requirements for close contacts of a case. What this modified quarantine allows is the ability for all students and staff in the exposed classroom to continue physically attending school during their quarantine period but remaining in quarantine outside of the regular school day. Ideally, any students or staff that have been identified as close contacts of a case would be able to continue lessons remotely. However, in the case where this is not possible, a school district, in working with their local health department, might consider this option for modified quarantine. This guide includes some specific engineering and administrative controls that must be in place before the modified quarantine of close contacts is allowed.

Background:

COVID-19 is a respiratory disease caused by a coronavirus (SARS-CoV-2) which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. Studies show that asymptomatic people and people in the pre-symptomatic phase (2-3 days before symptoms begin) can also be a source of infection.

The most common symptoms of COVID-19 are fever and lower respiratory symptoms including coughing, shortness of breath or difficulty breathing. However, there are many other symptoms that may be associated with COVID-19 including chills, fatigue, muscle aches or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. The elderly and people with underlying medical problems such as high blood pressure, heart problems or diabetes, or chronic respiratory conditions, are at a greater risk of serious illness from COVID-19.

Schools are an important part of the infrastructure of communities, as they provide safe, supportive learning environments for students, employ teachers and other staff, and enable parents, guardians, and caregivers to work. The unique and critical role that schools play makes them a priority for opening and remaining open, enabling students to receive both academic instruction and support as well as critical services.

Current Isolation and Quarantine Requirements:

A Person Under Investigation (PUI) is someone who is suspected of having COVID-19 disease. A person who is being tested for COVID-19 is required to be in isolation until test results are received. Possible outcomes of the test result include: 1) If the test result is positive, then the person becomes a case or 2) If the test result is negative and the person has a known exposure, then the person must finish their 14 day quarantine, or 3) If the test result is negative and there was no known exposure, then the person is released from isolation.

Symptomatic cases are released from isolation 10 days after symptom onset OR 72 hours fever free without the use of medication and significant improvement in symptoms, whichever is longer. Meaning, symptomatic cases are in isolation for a minimum of 10 days. Asymptomatic cases are released from isolation 10 days after their positive sample was collected, as long as they remain asymptomatic. If they become symptomatic during the 10 days, then they would begin a new isolation period using the criteria for symptomatic cases.

Close contacts of a confirmed case are in quarantine for 14 days after their last contact with a case while the case was infectious. A symptomatic case is considered infectious starting two days before the onset of their first symptom until they are released from isolation. An asymptomatic case is considered infectious starting two days before the date their positive sample was collected until they are released from isolation.

Defining A Close Contact:

A close contact is someone who has been within 6 feet of a case for 10 minutes or more or had direct contact with bodily secretions (for example, being coughed or sneezed on). Any students or staff that maintained a 6-foot distance from the positive case would not be considered close contacts and would therefore not be subject to the 14-day quarantine period.

If the positive case, or close contacts, or both, wore cloth facemasks at all times this reduces the risk of developing COVID-19 disease. However, the use of cloth facemasks does not eliminate the risk completely; therefore, close contacts would still be subject to a 14-day quarantine. Any close contacts that wore appropriate PPE, either a fit-tested N95 masks with protective eyewear or a surgical mask with a face shield, would not be considered close contacts.

The time period for close contact tracing includes any day(s) the positive student or staff attended school and the preceding 48 hours prior to symptom onset (symptomatic cases) or the preceding 48 hours prior to sample collection (asymptomatic cases).

Modified Quarantine Requirements:

These modified quarantine requirements are contingent on the close contacts of a case remaining asymptomatic. Students and staff who have had an exposure but remain asymptomatic should adhere to the following practices prior to and during the school day:

- Transportation: Students and staff on modified quarantine should not commute to school with anyone that is not also on modified quarantine.
- Arrival and dismissal times: Students and staff on modified quarantine must arrive and leave school on a staggered schedule without interacting with the general school population.
- Pre-screen: School administrators should measure the quarantined student and staff temperatures and assess symptoms prior to the start of the school day. Ideally, temperature checks should happen before the individual enters the school building. If an infrared device is used to check temperature, accuracy may be an issue so anyone measuring 99.0° F or higher should receive a more accurate temperature check and in-depth symptom screening.
- Medical check-in: Quarantined students and staff should check in with medical staff at specified time periods. If the quarantined student or staff becomes sick

during the day, they should be sent home immediately. Surfaces in their workspace should be cleaned and disinfected. Anyone who develops illness compatible with COVID-19 during the quarantine period should notify the school nurse or school administration who will work with the local health department to arrange for testing.

- Wear a mask: The quarantined students and staff should wear a face mask/face covering at all times while in the school.
- Physical separation: The quarantined students and staff should be physically separated from the general school population. All activities, including mealtimes and classes like art and music, should take place within the classroom.
- Bathrooms: The quarantined students and staff must have their own designated bathroom or, if feasible, common bathrooms must be cleaned after a quarantined student or staff have used them.
- School activities: Quarantined students and staff should not participate in any activities that involve interaction with non-quarantined students and staff. This includes before and after school care and all school-related activities.
- Outside of school: Quarantined students and staff should understand that they are still in quarantine outside of the normal school day. Meaning, they should remain at home when not physical in school.

Required Cleaning/Disinfection/Sanitation

- Disinfect high-touch surfaces in the classroom with products meeting Environmental Protection Agency (EPA) criteria for use against SARS-CoV-2 and used according to the manufacturer's instructions.
- If materials are used by multiple people – disinfect between shared use.
- Conduct targeted and more frequent cleaning of high-touch surfaces of shared spaces (e.g., tables and chairs, railings, door handles).

There are no modifications for isolation of a PUI while awaiting test results or for a case under isolation. Local health departments and school districts can decide which approach, either the current isolation and quarantine requirements or the modified requirements, works best for their individual school.

