



EPISCOPAL HIGH SCHOOL

Options to Reduce Quarantine

Created with the guidance provided by various governmental agencies, as well as our health consultants, Episcopal High School's Covid policies and protocols have worked successfully to maintain in-person learning. In regard to quarantining after close contact, we have steadfastly abided by a period of 14 days as was recommended by the CDC. Recently, however, the governmental body altered their guidance after compilation and analysis of national data that gave a more detailed look at the risks during quarantine. Therefore, based on local circumstances and resources and the new guidance from the CDC, the following options for quarantine have been adopted by EHS:

Option 1

Quarantine can end after **Day 14** without testing and if no symptoms have been reported during daily monitoring.

Option 2

With a diagnostic COVID-19 PCR test, quarantine can end after **Day 7** if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may 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 both cases, additional criteria (e.g., continued symptom monitoring and masking through the quarantine period) must be met.

Please find below a brief synopsis of the options for COVID-19 quarantine duration. Please collaborate with our nursing staff to select the quarantine period suitable to your family and circumstances.

- **14-Day Quarantine Option**
 - No PCR test required unless COVID-19 related symptom(s) develop
 - Earliest day of return is on **Day 15** of quarantine
 - Symptom(s) monitored with daily attestation

- **7-Day Quarantine Option**
 - A PCR test on **Day 5** of quarantine
 - Results of PCR test submitted to nurse before clearance
 - Earliest day of return is on **Day 8** of quarantine
 - Symptom(s) monitored with daily attestation

****During Quarantine, if the student begins to experience symptoms of COVID-19, a PCR COVID-19 test is required.****

Additional Requirements for All Quarantine Options

All options must also meet these conditions to end quarantine early:

1. No symptoms of COVID-19 occurred during quarantine
AND
2. Continue to monitor for symptoms until **Day 14** after last time coming into contact with the COVID-19 case;
AND
3. Continue to closely follow all recommendations to prevent spread of virus (correct and regular use of face coverings, social distancing hand washing, etc.) through quarantine **Day 14**.
Anyone who develops symptoms must immediately separate themselves from others, call their medical provider, notify the EHS clinic, and get tested for COVID-19 with a PCR COVID test.

Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- 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. CDC will continue to update this list as we learn more about COVID-19.

COVID-19 Close Contact

Close Contact Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from two days before illness onset (or, for asymptomatic patients, two days prior to test specimen collection) until the time the patient is isolated.

The following CDC links will provide you with additional information regarding close contact and quarantine.

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>