



Public Health Recommendations for the Exclusion & Re-Admittance of COVID-19 Exposed Students and Staff in Schools

The following is a quarantine guide for students and staff who have been exposed to a known COVID-19 case. Should they develop symptoms the Exclusion and Re-admittance Guide for Symptomatic Students & Staff should be utilized.

Defining terms:

- Close contact: generally defined as an individual around a COVID-19 positive for 10-15 minutes within less than 6 feet. Close contacts must quarantine for 14 days from their last exposure.
- Quarantine: staying home and saying in your own space. This includes not attending events, visiting businesses, or going to public spaces. Students should attend school virtually.
Quarantine for COVID-19 is 14 days from the last exposure to the COVID-19 positive.
- Modified quarantine: To keep students attending school in person, lower risk exposures where masks are worn may allow for non-symptomatic students to remain in school with twice daily monitoring.
- Monitoring: Watching for COVID-19 symptoms. This includes taking your temperature 2x per day. An individual should also watch for a dry cough, difficulty breathing, shortness of breath, loss of taste and smell, body aches, fatigue, diarrhea, and any symptoms that are new to them.

1. Determine if an individual needs to quarantine.

Examples of interactions that would lead to quarantine:

- Within 6 feet of a positive for at least 15 minutes (masks not worn by either party)
- Provided care to someone who is positive
- Have a household member who is positive*
- Direct physical contact (hugged, kissed) with a positive
- A positive directly sneezed or coughed on the individual

2. Enter Quarantine

Close contacts need to quarantine for 14 days from their last exposure to the COVID-19 positive. If the person in quarantine develops symptoms, the individual in quarantine should isolate from others and follow the Symptomatic Guide for readmittance to school.

3. Monitor for Symptoms

During quarantine, the student/staff member should monitor for COVID-19 symptoms. This includes taking their temperature twice per day, and watching for a dry cough, difficulty breathing, shortness of breath, loss of taste and smell, body aches, fatigue, diarrhea, and any symptoms that are new to them

4. Return to school

A doctor note, nor negative test are needed to return to school. If the individual in quarantine has not developed symptoms throughout their 14 days, they can return to school on day 15 from last exposure.

Anticipated Quarantine Situations:

A. Students/Staff Member Lives in the Same Household as COVID-19 positive

All household members should be excluded from school and asked to self-quarantine for a period of 14 days from their last date of exposure with the positive household member. If household members are unable to isolate away from the positive individual, the household member(s) 14-day quarantine will start after the last day of the COVID-19 positive individual's isolation period. [For example: If the COVID-19 positive individual is in quarantine / isolation for 10 days due to symptom onset/ resolution, then the household members have 14 ADDITIONAL days to quarantine: 10 + 14 = 24 days]

B. Students/Staff Member Lives in the Same Household as an individual quarantining because of an exposure

As long as the household member in quarantine does not have symptoms and the individual attending school was not involved in the COVID-19 exposure event, they can attend school in person.

If the family member becomes symptomatic, the student should quarantine for 14 days. If an alternative diagnosis is determined, the student may return to school in person.

C. A student/staff member traveled outside the country or to an area with high incidence of COVID-19

Travel related quarantine/exposures will be based upon the restrictions set forth in Nebraska's current Directed Health Measures and/or CDC travel guidance in the absence of Nebraska Directed Health Measures.

Currently all foreign travel results in a 14-day quarantine upon return. Individuals who travel to area's with high incidence should consider their exposures during travel to determine if quarantine is necessary.

D. A student/staff member attends class/activity with symptoms or within 48 hours of symptom onset

An individual is infectious 48 hours prior to symptom onset.

a. Everyone wore a mask

- i. If masks are worn properly (covering mask and nose) quarantine will not be automatically recommended for close contacts. The close contacts remain in school and will be monitored twice per day. Some situation may not allow for remaining in the classroom to be possible.

b. Masks were worn by the positive and some students/staff

- i. If masks are worn properly (covering mask and nose) quarantine will not be automatically recommended for close contacts. The close contacts remain in school and will be monitored twice per day.
- ii. Those that were not wearing a mask properly will quarantine and monitor at home.

c. A mask was not worn by the positive

- i. All close contacts will quarantine and monitor at home.

E. An asymptomatic positive student/staff member attends class/activity within 48 hours of the collection of their positive test.

a. Everyone wore a mask

- i. If masks are worn properly (covering mask and nose) quarantine will not be automatically recommended for close contacts. The close contacts remain in school and will be monitored twice per day. Some situation may not allow for

remaining in the classroom to be possible.

b. Masks were worn by the positive and some students/staff

- i. If masks are worn properly (covering mask and nose) quarantine will not be automatically recommended for close contacts. The close contacts remain in school and will be monitored twice per day.
- ii. Those that were not wearing a mask properly will quarantine and monitor at home.

c. A mask was not worn by the positive

- i. All close contacts will quarantine and monitor at home.