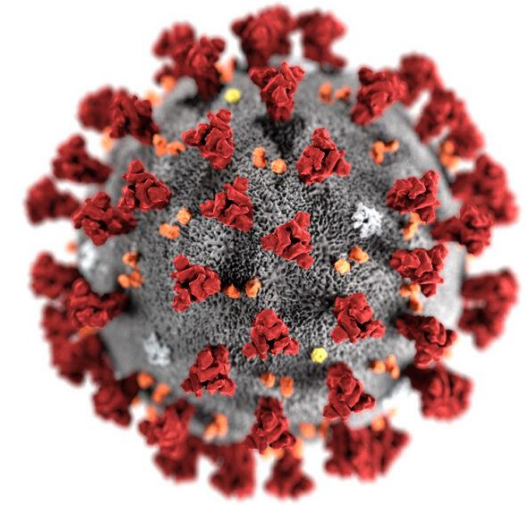# Livingston County COVID-19 Resource Packet

FOR PARENTS AND GUARDIANS

2021-2022 SCHOOL YEAR

LIVINGSTON COUNTY HEALTH DEPARTMENT

Isolation and Quarantine

ISOLATION

Who? Individuals who have been diagnosed with COVID-19 are placed into isolation.

What? Isolation keeps someone who is sick or has tested positive for COVID-19 without symptoms away from others.

QUARANTINE

Who? Individuals who has been exposed to someone with COVID-19.

What? Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others.

What is Quarantine?

Quarantine is used to keep someone who has been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected but do not yet have symptoms.

Students and staff members who have been in close contact with a probable or confirmed person with COVID-19 should quarantine for:

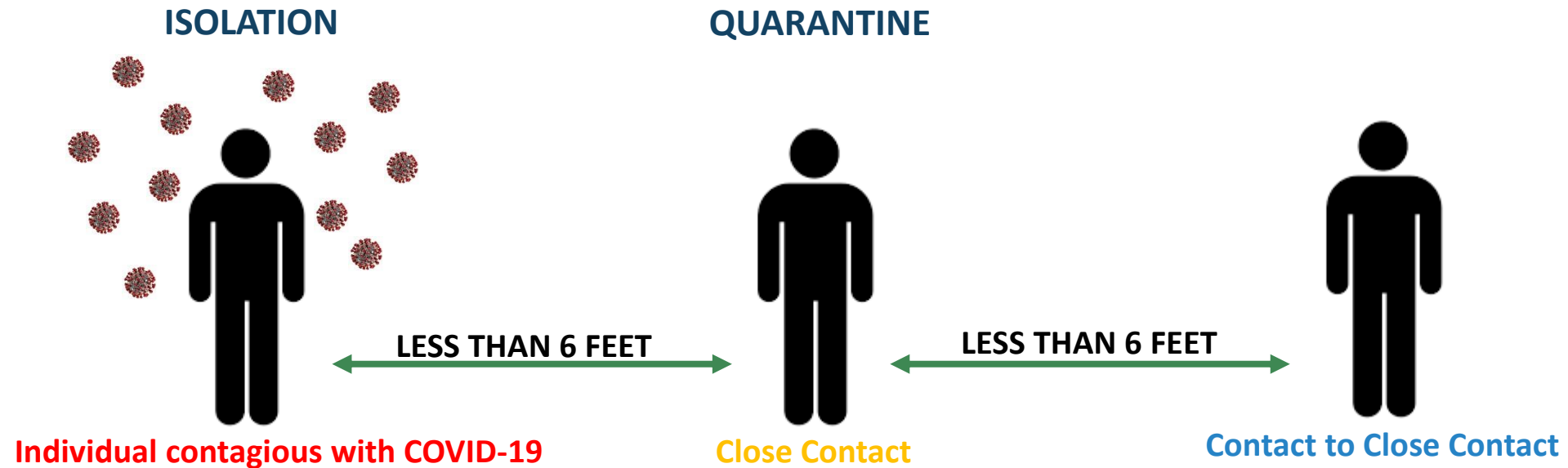At least 10 days after last contact with a person who has COVID-19.

What is Close Contact?

- For COVID-19, a close contact is most often someone that has been within 6 feet (about 2 arms' length) of an infectious person for at least 15 minutes of cumulative time.

- Every case is different, however, and LCHD considers how COVID-19 is spread and how we get infected when providing guidance to schools for close contact identification.

- Close contacts to a person with COVID-19 are at risk of getting sick

Contacts of Close Contacts

ISOLATION　　　　　　　　　**QUARANTINE**

LESS THAN 6 FEET　　　　　　**LESS THAN 6 FEET**

Individual contagious with COVID-19　　**Close Contact**　　**Contact to Close Contact**

Since close contacts are not yet known to be infectious, the contacts of close contacts do not need to be in quarantine and do not need to be identified or contacted.

Fully Vaccinated

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or

- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

Quarantine Guidance for Students
Educational Setting* with Non-Universal Masking

*The educational setting refers to the <u>classroom</u> and <u>bus</u>.

Applies to <u>students</u> exposed in a classroom or bus setting where:
1. Individuals (case and close contacts) are <u>NOT</u> wearing masks covering their nose and mouth 2. Infection control guidelines are <u>NOT</u> being followed as outlined in the CDC Guidance for COVID-19 Prevention in K-12 Schools

Outcome:	
Fully Vaccinated or Recent Infection students:	**Unvaccinated students:**
• Fully vaccinated asymptomatic individuals and those who have had COVID-19 within the last 3 months do not need to quarantine and can continue to attend in-person school. • Exposed, fully vaccinated individuals are recommended to wear a mask and get tested 3-5 days after an exposure.	• Unvaccinated students (who are close contacts) identified **within 6 feet** should quarantine.

If any students feel ill or develop symptoms of COVID-19, they should isolate at home and get tested.

Quarantine for **Students**
Educational Setting* with Universal Masking

*The educational setting refers to the <u>classroom</u> and <u>bus</u>.

Applies to <u>students</u> exposed in a classroom or bus setting where:
1. All individuals (case and close contacts) are wearing masks covering their nose and mouth 2. Infection control guidelines are being followed as outlined in the CDC Guidance for COVID-19 Prevention in K-12 Schools

Outcome:	
Fully Vaccinated or Recent Infection students:	**Unvaccinated students:**
• Fully vaccinated asymptomatic individuals and those who have had COVID-19 within the last 3 months do not need to quarantine and can continue to attend in-person school. • Exposed, fully vaccinated individuals are recommended to wear a mask and get tested 3-5 days after an exposure.	• Unvaccinated students (who are close contacts) identified **within 3 feet** should **quarantine**. • Unvaccinated students (who are close contacts) identified **between 3 to 6 feet** should be notified of their exposure and asked to **monitor their health for 14 days** from the date of exposure. These students do not have to quarantine and can continue to attend in-person school.

If any students feel ill or develop symptoms of COVID-19, they should isolate at home and get tested.

Quarantine for Students
Non-Educational Setting* (Regardless of mask use)

*The non-educational setting refers to the <u>any other school-related setting,</u> including school-related sports and extracurricular activities.

In non-educational settings, the following quarantine guidance is recommended for exposed <u>students</u>:	
Fully Vaccinated or Recent Infection students:	**Unvaccinated students:**
• Fully vaccinated asymptomatic individuals and those who have had COVID-19 within the last 3 months do not need to quarantine and can continue to attend in-person school. • Exposed, fully vaccinated individuals are recommended to wear a mask and get tested 3-5 days after an exposure.	• Unvaccinated students (who are close contacts) identified **within 6 feet** should **quarantine**.

If any students feel ill or develop symptoms of COVID-19, they should isolate at home and get tested.

Quarantine for **Staff** (Regardless of mask use)

In educational and non-educational settings, the following quarantine guidance is recommended for exposed <u>staff</u>:	
Fully Vaccinated or Recent Infection staff:	**Unvaccinated staff:**
• Fully vaccinated asymptomatic individuals and those who have had COVID-19 within the last 3 months do not need to quarantine and can continue to attend in-person school. • Exposed, fully vaccinated individuals are recommended to wear a mask and get tested 3-5 days after an exposure.	• Unvaccinated staff (who are close contacts) identified **within 6 feet** should **quarantine**.

If any staff feel ill or develop symptoms of COVID-19, they should isolate at home and get tested.

Alternative Quarantine Strategies

LCHD is currently working on an **alternative quarantine testing strategy** for **students** exposed to COVID-19 in school.

Additional information regarding this alternative strategy will be provided in a supplemental quarantine packet.

Home Quarantine Best Practices

The Livingston County Health Department recommends that individuals in quarantine:

STAY HOME! Except to seek medical care or if there is an emergency.

SOCIAL DISTANCING
2M
6feet

- Socially Distance from Household Members

- Wear a Mask in Common Areas of the Home

- Limit the Use of Commonly Shared Items

Household Members not exposed to COVID-19 may continue their normal activities, including working outside of the home or attending in-person school.

Symptoms

Quarantined individuals and all household members should continue to monitor for symptoms of COVID-19, including:

- Fever (temperature of 100.4°F or higher)
- Chills
- Muscle Aches
- Fatigue
- New Loss of Taste or Smell
- Nausea

- New or worsening cough, shortness of breath, or difficulty breathing
- Headache
- Sore throat
- Diarrhea, vomiting, or abdominal pain
- Runny Nose or Congestion

If an individual in quarantine starts to develop symptoms, please call a trusted healthcare provider and notify them of your exposure to COVID-19.

Testing

TEST TIME

If you are in home quarantine from a non-educational setting exposure and want to get tested, LCHD recommends testing toward the end of quarantine. A negative test during quarantine **DOES NOT** release you from home quarantine early.

TEST TYPE

LCHD recommends getting a nasal swab (PCR or antigen) and not a blood test (antibody).

TEST LOCATION

Testing sites can be found on the Livingston County Health Department website (LCHD.org) and the Michigan Department of Health and Human Services (MDHHS) website (Michigan.gov/coronavirus).
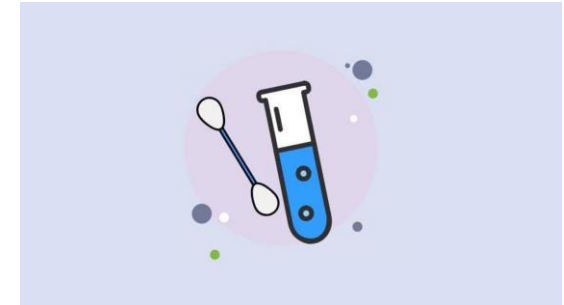
Return to School

Individuals may return to school if they have completed their home quarantine period and do not have symptoms of COVID-19.

A negative test result is not required to return to school from home quarantine.

Contact Us!

The Livingston County Health Department can answer additional questions!

Please call or email us at the LCHD COVID-19 hotline:

517-546-9850 or COVID19@livgov.com