

Information For Quarantine of Close Contacts

Date of Exposure_____

Quarantine from _____ through _____ Earliest Return Date_____

Please reach out to your student's teacher(s) for at home learning instructions.

Important Numbers:

St. Johns County Department of Health 904.506.6081 choose Option 8, and then press 1

Gamble Rogers Middle School Clinic 904.547.8710 Nurse Masters

What makes someone a close contact?

- You are a close contact of a COVID-19 positive individual if, from 48 hours before their symptoms began, the person with COVID-19:
 - Lived in your home or stayed overnight with you
 - Took care of you or you took care of them
 - Stayed within 6 feet of you for cumulative 15 minutes or longer in a 24 hour period
 - Exposed you to their body fluids or secretions (e.g., coughed or sneezed on you)

If my student is considered a close contact of someone who tested positive for COVID-19, do I need to get tested?

- **No, you are not required to get tested.** If during the 10-14 days, your student develops symptoms you should contact your family physician for guidance on testing and treatment recommendations.

Does anyone else in my household need to quarantine at this time?

- No, as long as your student does not develop symptoms, no one else in the household is required to quarantine. Members of the household would be considered "**contacts of a contact**" and there are no CDC recommendations, as you are twice removed from the positive individual.

What if I have been identified as a close contact with a COVID-19 positive individual, but have already had COVID-19 within the last 90 days? Do I still need to quarantine?

- If your student has been asked to quarantine due to an exposure, **student must go home until parent notified by the DOH Epidemiologist** and student then cleared for return. Dept. of Epidemiology will contact the school nurse and notify of clearance.

QUARANTINE FAQs

QUARANTINE – Applies to those who are potentially exposed and involves staying home from school, work, or other activities when a person is a close contact to someone with COVID-19.

- The quarantine period is **10** days from last exposure to the positive individual. Your student may return to school on Day **11** if no symptoms have developed. If signs or symptoms develop at any

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point, you should contact the Department of Health and have your student isolate from other family members in the household. **If your student remains symptom-free and does not have a PENDING test result, he or she may return to school on day 11 and will not need a clearance letter from the Department of Health or the School Nurse.**

- The Quarantine may be shortened to as few as **7 days** if negative **PCR** testing is obtained on **day 6 or later from exposure to the positive individual**. Per the updated CDC guidelines, a **PCR** test is required, and a rapid antigen test **CANNOT** be substituted. The negative test must be collected on day 6 or after, and if it is negative, your student can return on Day 8 of quarantine if he or she remains symptom free.

DO I HAVE TO GET MY CHILD TESTED?

No, assuming your child remains symptom-free, he or she does not need a negative test to return to school on Day 11. If symptoms develop you should call the Department of Health and arrange for PCR testing.

HOW DO I GET PCR TESTING?

- You can obtain PCR testing through your medical provider.
- You can obtain PCR testing at a public testing site.
- **REMEMBER:** the rapid antigen tests are not accepted, it must be a PCR test
- If your student develops symptoms call the Department of health so that they may facilitate testing.
- Make sure results can be provided within 24 to 48 hours. If the results are likely to take longer than 48 hours, it may be better to quarantine through day 10 and return to school on day 11, if no symptoms. **CHILDREN WITH A KNOWN PENDING TEST RESULT SHOULD NOT RETURN TO SCHOOL.**

IF I GET A NEGATIVE PCR TEST RESULT, OBTAINED ON OR AFTER DAY 6 FOLLOWING EXPOSURE, WHAT IS THE NEXT STEP?

Call the Department of Health to check if the result has been reported electronically in their system. If the result is reported, they will let the school know that your student may return, assuming they remain asymptomatic. If you have been notified that the result is negative, but it has not yet shown up in their system, you will need to provide a copy of the lab directly to the Department of health. **NOTE: Please DO NOT send your student's test result to the school for clearance to return. The Department of Health must receive your student's negative test result and provide clearance for return to school.**

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