

January 20, 2022

Dear Parent,

The Indiana State Department of Health and the Centers of Disease Control and Prevention have updated their guidelines as of January 2022. Please review the changes below and call or e-mail your school nurse if you have questions.

K-12 Quarantine Guidance: When all are masked (face shields are not acceptable)

If student is exposed to someone with COVID-19 in the classroom:

- As long as student is asymptomatic, they may remain in school and continue to wear a mask properly at all times.
- May continue extracurricular activities; wear a mask properly at all times when able (while not actively performing or actively playing during your sporting activity) for all 10 days.
- If symptoms develop, get a test and stay home and if positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.

If student is exposed to someone with COVID-19 outside of the classroom, including home contacts:

If fully vaccinated

- As long as asymptomatic, they may remain in school and continue to mask at all times in classroom.
- May continue extracurricular activities: wear mask for 10 days (while not actively performing or actively playing during your sporting activity).
- If symptoms develop, get a test and stay home. If positive follow isolation guidance. If test is negative, return to school when symptoms have resolved.

If unvaccinated or partially vaccinated:

- Stay home for 5 days; test on day 5 if possible.
- Return to class on Day 6 if still asymptomatic. Continue to wear a mask for days 6-10.
- No extracurricular activities for 5 days of home quarantine. May resume day 6 only if able to wear a mask at all times (including while actively performing or playing during your sporting activity for (days 6-10).
- If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.
- If positive family member cannot isolate away from close contact (days 1-5) and does not consistently mask at home (days 6-10), student's quarantine time begins after DAY 10. Student returns of DAY 6 with constant and correct masking in place days 6-10. Student returns to school on Day 16 of total time.
- If positive family member cannot isolate away from close contact (days 1-5), but is able to mask up consistently at home (days 6-10), the student's quarantine begins after Day 5. Student may

return on Day 6 (of their quarantine) with constant and correct masking in place days 6-10.
Student returns on Day 11 of total time.

Do not send your child to school if they have Fever (100.4 or chills), sore throat, headache, diarrhea, nausea, vomiting, abdominal pain, cough or shortness of breath, or new loss of taste or smell. Students should stay home if a family member is being tested or awaiting the results of a COVID-19 test.

Please remember we DO NOT require either a negative or positive test to return to school from quarantine; however, regardless of a negative or positive test, quarantine/isolation time must be completed according to the above guidelines. If you have a student that tests positive on a home test, please send picture to school nurse. This will allow for a 90-day exemption from quarantine unless they are experiencing symptoms.

Thank you for helping us keep children safe at school!

Sincerely,

Lynn Stoelting BSN RN

Coordinator of Health Services