COVID-19 Exposure Notification for Parents and Guardians

Your student may have been exposed to someone diagnosed with or suspected to have COVID-19.
Date of exposure: _____/_____/_____

The Centers for Disease Prevention and Control (CDC) defines a close contact as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.

In the K–12 indoor classroom setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student where

- both students were engaged in consistent and correct use of well-fitting masks; and
- other K–12 school prevention strategies (such as universal and correct mask use, physical distancing, increased ventilation) were in place in the K–12 school setting.

Except in certain circumstances, people who have been in close contact with someone who has COVID-19 should stay at home. However, the following people with recent exposure may NOT need to remain at home:

- People who are up to date with their vaccination (have had all recommended vaccines for age)
- People who were previously diagnosed with COVID-19 within the last three months

If your student does not meet the exception noted above for K–12 students, or has not been vaccinated or has not been previously diagnosed with COVID-19 in the last three months:

✔ Your student should stay at home. The COVID-19 incubation period and the ideal time period to remain at home is 5 days after last exposure to a case with an additional 5 days of masking. However, if 5 days is not practical, 10 days of masking is acceptable if the following conditions are met:
  o Continue to monitor for symptoms daily through day 10.
  o If any one of the following symptoms are observed, isolate immediately and seek testing: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new taste or smell disorder, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
  o Wear a mask, stay at least 6 feet from others, avoid crowds, wash hands frequently, and take other steps to prevent the spread of COVID-19 in case infectious without symptoms.
  o Test at least 5 days after exposure

✔ If your student becomes symptomatic during this time, have them evaluated by their healthcare provider/doctor and report to the school nurse the results and outcome of the medical evaluation. Cases (includes symptomatic Close Contacts):
  o Must be isolated for at least 5* days after symptoms first appeared and an additional 5 days of masking
  o At least 24 hours since resolution of fever (without the use of fever-reducing medications) and
  o Other symptoms have improved.

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