

RCHS Modified Isolation and Quarantine During the COVID-19 Pandemic

Requirements: October 23, 2020

This guide specifically addresses requirements around maintaining continuity of learning in the situation where all students and staff in a classroom are exposed to COVID-19; namely the modified quarantine requirements for close contacts of a case. What this modified quarantine allows is the ability for all students and staff in the exposed classroom to continue physically attending school during their quarantine period. As our numbers at RCHS have remained low and extracurricular activities are important to the overall health of our students, we are also allowing for participation in those extracurricular activities.

Ideally, any students or staff that have been identified as close contacts of a case would be able to continue lessons remotely if they chose. This plan is contingent upon having staff available to perform the duties of a modified quarantine.

Background:

COVID-19 is a respiratory disease caused by a coronavirus (SARS-CoV-2) which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. Studies show that asymptomatic people and people in the pre-symptomatic phase (2-3 days before symptoms begin) can also be a source of infection.

The most common symptoms of COVID-19 are fever and lower respiratory symptoms including coughing, shortness of breath or difficulty breathing. However, there are many other symptoms that may be associated with COVID-19 including chills, fatigue, muscle aches or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. The elderly and people with underlying medical problems such as high blood pressure, heart problems or diabetes, or chronic respiratory conditions, are at a greater risk of serious illness from COVID-19.

Schools are an important part of the infrastructure of communities, as they provide safe, supportive learning environments for students, employ teachers and other staff, and enable parents, guardians, and caregivers to work. The unique and critical role that schools play makes them a priority for opening and remaining open, enabling students to receive both academic instruction and support as well as critical services.

Current Isolation and Quarantine Requirements:

A Person Under Investigation (PUI) is someone who is suspected of having COVID-19 disease. A person who is being tested for COVID-19 is required to be in isolation until test results are received. Possible outcomes of the test result include:

- 1) If the test result is positive, then the person becomes a case or
- 2) If the test result is negative and the person has a known exposure, then the person must finish their 14 day quarantine, or
- 3) If the test result is negative and there was no known exposure, then the person is released from isolation.

Symptomatic cases are released from isolation 10 days after symptom onset OR 72 hours fever free without the use of medication and significant improvement in symptoms, whichever is longer. Meaning, symptomatic cases are in isolation for a minimum of 10 days. Asymptomatic cases are released from isolation 10 days after their positive sample was collected, as long as they remain asymptomatic. If they become symptomatic during the 10 days, then they would begin a new isolation period using the criteria for symptomatic cases.

Close contacts of a confirmed case are in quarantine for 14 days after their last contact with a case while the case was infectious. A symptomatic case is considered infectious starting two days before the onset of their first symptom until they are released from isolation. An asymptomatic case is considered infectious starting two days before the date their positive sample was collected until they are released from isolation.

Defining A Close Contact:

A close contact is someone who has been within 6 feet of a case for 10 minutes or more or had direct contact with bodily secretions (for example, being coughed or sneezed on). Any students or staff that maintained a 6-foot distance from the positive case would not be considered close contacts and would therefore not be subject to the 14-day quarantine period.

If the positive case, or close contacts, or both, wore cloth facemasks at all times this reduces the risk of developing COVID-19 disease. However, the use of cloth facemasks does not eliminate the risk completely; therefore, close contacts would still be subject to a 14-day quarantine. Any close contacts that wore appropriate PPE, either a fit-tested N95 masks with protective eyewear or a surgical mask with a face shield, would not be considered close contacts.

The time period for close contact tracing includes any day(s) the positive student or staff attended school and the preceding 48 hours prior to symptom onset (symptomatic cases) or the preceding 48 hours prior to sample collection (asymptomatic cases).

Modified Quarantine Requirements:

These modified quarantine requirements are contingent on the close contacts of a case remaining asymptomatic. Students and staff who have had an exposure but remain asymptomatic should adhere to the following practices prior to and during the school day:

- Transportation: Students and staff on modified quarantine should not commute to school with anyone that is not also on modified quarantine but are also required to wear a mask. Bus students will be required to have their parents transport them to and from school.
- Arrival and dismissal times: Students and staff on modified quarantine must arrive at and leave school among the other students and staff but are required to wear a mask according to Executive Order 20-59.
- Class Instruction/Delivery: The students and staff on a modified quarantine schedule may be integrated into the class but must wear a mask according to Executive Order 20-59 or put on a hybrid plan in which they will be on a Monday/Wednesday or Tuesday/Thursday and every other Friday schedule for in person learning while wearing a mask according to Executive Order 20-59 or another type of hybrid plan approved by administration or if class sizes are larger and proper spacing can't be adhered to, may remote learn from another location in the building (ie, gym, auditorium, old band room or library), while wearing a mask according to Executive Order 20-59.
- Pre-screen: Modified quarantine students and staff will undergo the pre school screening checklist that was provided before heading to school. After arriving at school, a medical professional will measure the quarantined student and staff temperatures and assess symptoms prior to the start of the school day. Temperature checks will happen as the individual enters the school building. If you feel sick, stay home!
- Medical check-in: Modified quarantined students and staff will check in with medical staff. If the quarantined student or staff becomes sick during the day, they will be sent home immediately. Surfaces in their workspace

will be cleaned and disinfected. Anyone who develops illness compatible with COVID-19 during the quarantine period will notify the school nurse or medical staff who will work with the local health department to arrange for testing at the parents deaccession.

- Wear a mask (Executive Order 20-59): The modified quarantined students and staff will wear a face mask/face covering, according to Executive Order 20-59, at all times while in the school.
- Physical separation: The modified quarantined students and staff will be physically separated from the general school population through groupings, classroom arrangements (possibly moving a class to accommodate), and assigned seating as directed by school administration.
- Bathrooms: The modified quarantined students and staff will be directed to a designated bathroom located in the commons. As this is often not feasible, school staff will increase cleaning times and all students and staff are encouraged to continue good hand washing and appropriate hygiene.
- School activities: Quarantined students and staff will not participate in any activities that involve interaction with non-quarantined students and staff. This includes before and after school care and all school-related activities. If an entire team is quarantined; Scholars Bowl, Football, Basketball, etc, they will be able to continue practice with the approval of medical staff.
- Outside of school activities not regulated by RCHS or USD 105: The modified quarantined students and staff will follow the quarantine guidelines document provided to them from the State/County Health Department , but need to understand that they may be asymptomatic carriers and it is highly advised that they wear masks whenever they are unable to maintain 6 feet distance or are indoors. It would also be advised to avoid contact with family members or others who are vulnerable to serious disease such as the elderly or immunocomprised.

Required Cleaning/Disinfection/Sanitation

- Disinfect high-touch surfaces in the classroom with products meeting Environmental Protection Agency (EPA) criteria for use against SARS-CoV-2 and used according to the manufacturer's instructions.
- If materials are used by multiple people – disinfect between shared use.
- Conduct targeted and more frequent cleaning of high-touch surfaces of shared spaces (e.g., tables and chairs, railings, door handles).

