

Covid-19 Quarantine Explained

Northridge Local Schools



The following QUARANTINE EXPLANATION is designed to help the Northridge Community better understand quarantine, close contact exposure and contact tracing. These quarantine guidelines have been developed in conjunction with Public Health Dayton Montgomery County and the CDC.

IMPORTANT STUFF TO KNOW:

1. **Quarantine** - a period of restricted movement and contact with others to prevent the spread of a disease. (See the PHDMC Self Quarantine document for more detailed information).
2. **Close Contact Exposure** - a person who has had contact with an infected person for 15 minutes inside 6 feet, even while wearing a mask.
3. **Contact Tracing** - identifying people who have had contact with an infected person to determine who is considered a close contact exposure. This is done by the Public Health Dayton Montgomery County with the assistance of Northridge Local Schools clinic staff and determines those who may need to be quarantined.

***** A CONTACT OF A CLOSE CONTACT IS NOT A CLOSE CONTACT***** A person is considered a CLOSE CONTACT if they have been within **6 FEET OF A POSITIVE CASE FOR MORE THAN 15 MINUTES**. A CLOSE CONTACT will be quarantined for 14 days. HOWEVER, anyone in contact with the CLOSE CONTACT (NOT THE POSITIVE CASE) is **NOT** considered to be a close contact and **DOES NOT NEED TO QUARANTINE**.

EXAMPLE - John is a teacher at Northridge. His wife just tested positive for Covid-19. Because John lives with a positive case, he is considered a close contact and must now quarantine for 14 days. Teachers and students who came into contact with John DO NOT need to quarantine - he is NOT a positive case. We **WILL** contact trace John's contacts at school, but they will only be quarantined if John tests positive.

QUARANTINE EXPLAINED

1. **A PERSON HAS TESTED POSITIVE FOR COVID-19 OR A PERSON IS SYMPTOMATIC AND THINKS THEY ARE POSITIVE FOR COVID-19**
QUARANTINE - 10 DAYS FROM POSITIVE TEST OR FROM BEGINNING OF SYMPTOMS*
2. **A PERSON WHO IS DETERMINED TO BE A CLOSE CONTACT EXPOSURE OF A POSITIVE CASE - INSIDE 6 FT FOR 15 MINUTES**
QUARANTINE - 14 DAYS FROM **LAST EXPOSURE** TO POSITIVE CASE
3. **A PERSON WHO CONTINUES TO BE A CLOSE CONTACT WITH A POSITIVE CASE DURING HIS 10 DAY QUARANTINE (LIVE IN SAME HOUSE)****
QUARANTINE - 24 DAYS - LAST EXPOSURE WILL BE ON DAY 10 OF POSITIVE CASE'S QUARANTINE - THE CLOSE CONTACT'S 14 DAY QUARANTINE BEGINS AT THAT LAST DATE OF EXPOSURE - $10 + 14 = 24$

* Quarantine for a positive case or symptomatic presumed positive case is 10 days + decrease in symptoms + no fever for 24 hours

** **A POSITIVE CASE CAN ISOLATE IN THE HOME WITH NO CONTACT** - IF DONE SUCCESSFULLY, CLOSE CONTACTS IN THE HOME CAN DECREASE THE LENGTH OF THEIR QUARANTINE DUE TO LAST DAY OF EXPOSURE. Example - a positive case must quarantine for 10 days. On day 3, the positive case decides to completely isolate from others in the house. THE OTHERS IN THE HOUSE WILL NOW ISOLATE FOR **17 DAYS** - THIS WILL BE 14 DAYS FROM THEIR LAST EXPOSURE WITH POSITIVE CASE - HIS DAY 3. $14 + 3 = 17$ DAYS.

*** A NEGATIVE COVID-19 TEST DURING A 14 DAY QUARANTINE DOES NOT SHORTEN QUARANTINE**

*** PLEASE SEE "RETURN TO SCHOOL/WORK GUIDELINES" DOCUMENT FOR SPECIFIC INSTRUCTIONS ON ENDING QUARANTINE**