

**OPTIONS TO REDUCE QUARANTINE TIME FOR ASYMPTOMATIC CLOSE CONTACTS IN THE SCHOOL
SETTING Starting 12/7/2020**

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

The CDC and the Florida Department of Health continue to recommend quarantine for 14 days from the date of exposure. **It is considered the gold standard!** There are two options that may allow the close contact to return to school/work before the full 14-day quarantine period has been met:

- The quarantine period may be shortened to **10** days from last exposure to the positive case if **daily symptom monitoring indicates the close contact remains symptom free**. The contact can return to school or work on Day 11. **HOWEVER**, it is extremely important that the contact continues daily monitoring for signs and symptoms **through 14 days**, as well as, practice social distancing, **always** wears a mask, and washes hands frequently! If signs or symptoms develop at any point, the contact should immediately isolate, seek medical care, be tested and call the Health Department.
- 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 case**. 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, the contact can return on Day 8 of quarantine, if he or she remains symptom free. **HOWEVER**, it is extremely important that the contact continues daily monitoring for signs and symptoms **through 14 days**, as well as, practice social distancing, **always** wears a mask, and washes hands frequently! If signs or symptoms develop at any point, the contact should immediately isolate, seek medical care, be tested and call the Health Department.

Please note that close contacts connected to **health care or long-term care facility settings** with medically vulnerable populations (e.g., long-term care facilities, assisted living facilities, nursing homes, acute care hospitals) and other settings, *including daycares* may NOT end quarantine prior to the 14-day time period.

FAQs:

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 they develop symptoms you should seek medical care, call the health department and arrange for testing.

Florida Department of Health will call you regarding quarantine. For any questions please call them at (904) 506-6081. Revised 12/7/20

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HOW DO I GET PCR TESTING?

(For a list of locations please visit <https://www-nhs.stjohns.k12.fl.us/clinic/>)

- 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 child develops symptoms, seek medical care and call the Health Department so that we 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 Health Department to check if the result has been reported electronically in our system. If the result is reported, we will let the school know that your child may return, assuming they remain asymptomatic. If you have been notified that the result is negative, but it has not yet shown up in our system, you will need to provide a copy of the lab directly to the Health Department. NOTE: Please DO NOT fax or drop off copies of labs without first contacting the Health Department to make appropriate arrangements.

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, but your student is **required to self-quarantine for the full incubation period of 10 days** and monitor for any symptoms. If during the 10 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?

- No, you do not need to self-quarantine as long you are completely recovered from your illness and remain free of COVID-19 symptoms.
- If your student has been asked to quarantine for 10 days but has tested positive for and recovered from COVID-19 in the past 90 days, please obtain a copy of the test results and present them to the clinic nurse.

Florida Department of Health will call you regarding quarantine. For any questions please call them at (904) 506-6081. Revised 12/7/20