



Madison County Public Health COVID-19 Case, Contact, Isolation, and Quarantine Guidelines Madison County K-12 Schools 2020-2021 School Year

- We know that consistent symptom screening and testing are excellent strategies to identify individuals with COVID-19. Case interviews and contact tracing are equally effective disease control strategies. This involves asking sick individuals to isolate and their contacts to quarantine at home. Screening, testing, and case/contact tracing are actions that can be taken to slow the spread of transmission of COVID-19 here in Madison County. These strategies must be carried out in a way that protects privacy and confidentiality consistent with applicable laws and regulations.
- We know how quickly COVID-19 can spread in congregate indoor settings. To keep schools open as much as possible, it is absolutely critical to control cases and contacts. Madison County Public Health (MCPH) staff will walk with you every step of the way during this school year. We are the health experts in the county. We will guide you all year to help maintain the safest environment possible for your students and your staff.

Definitions used with COVID-19	
Symptoms	Fever (over 100°F), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea. Symptoms may appear 2-14 days after exposure to the virus.
Confirmed Case	Tested positive for SARS-CoV-2 RNA (the virus that causes COVID-19 illness) by a lab using a diagnostic molecular amplification detection (PCR) test.
Probable Case	1) Tested positive for SARS-CoV-2 antigen using a rapid screening test and was reported on or after November 1, 2020. 2) Close contact with a confirmed case and has symptoms of COVID-19 illness without diagnostic or screening testing. <i>*This is a simplified definition of a probable case.</i>
Suspected Case	1) Detection of SARS-CoV-2 antibody in serum, plasma, or whole blood. 2) Pending lab test for SARS-CoV-2. 3) Has any symptom of COVID-19 illness. 4) Had close contact with a confirmed case but has no symptoms. <i>*This is a simplified definition of a suspected case.</i>
Personal Protective Equipment	Also known as PPE, COVID-19 personal protective equipment for people monitoring those with symptoms compatible with COVID-19 illness includes, at a minimum, a NIOSH-approved N95 respirator, protective gown, eye protection (either goggles or face shield, not prescription glasses), and gloves.



Definitions used with COVID-19

Exposure/Contact (also called “close contact”)	During the 2 days prior to the onset of the first symptom (or if it is an asymptomatic case, 2 days prior to the date the test was performed): <ol style="list-style-type: none">1) Within less than 6 feet of someone who is either a confirmed or probable case of COVID-19 for a total of (cumulative) 15 minutes or more (regardless of mask or barrier use).2) Direct physical contact with a confirmed or probable case of COVID-19 for any length of time.3) Someone in the same household is either a confirmed or probable case of COVID-19.4) Shared eating or drinking utensils with a confirmed or probable case of COVID-19.5) A confirmed or probable case of COVID-19 sneezed, coughed, or somehow got respiratory droplets on you. <p>For the school setting, keeping homerooms together (cohorting) and limiting mixing between homerooms/groups will reduce the number of exposures and therefore reduce the number of people who will need to be quarantined if there is a positive case.</p>
Isolation	Requires all confirmed cases, all probable cases, suspected cases with pending lab results, and suspected cases with any symptom to stay at their own residence except to seek medical care. This is a period of time not less than 10 days.
Release from Isolation	Confirmed or probable cases with no symptoms can be released from isolation when: <ol style="list-style-type: none">a) Ten days have passed since the positive test, <u>AND</u>b) No symptoms developed during the isolation period. <p>Confirmed or probable cases with mild to moderate illness (i.e., non-hospitalized cases) can be released from isolation when:</p> <ol style="list-style-type: none">a) Ten days have passed since the onset of the first symptom, <u>AND</u>b) No fever the last day of isolation (a full 24 hours fever-free without the use of medications), <u>AND</u>c) Other symptoms have improved. <p>Confirmed or probable cases with severe to critical illness (i.e., hospitalized cases) can be released from isolation when:</p> <ol style="list-style-type: none">a) Twenty days have passed since the onset of the first symptom, <u>AND</u>b) No fever the last day of isolation (a full 24 hours fever-free without the use of medications), <u>AND</u>c) Other symptoms have improved.



Definitions used with COVID-19

Quarantine	<p>Requires exposures/contacts and suspected cases with no symptoms to stay at their own residence except to seek medical care. This is a period of time not less than 10 days after the <i>most recent</i> contact with or exposure to the case.</p> <p>After this 10-day quarantine, contacts should do the following for four (4) additional days: 1) monitor for symptoms of COVID-19 (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea), 2) wear a mask outside the contact's home (including at school), 3) only do essential activities, and 4) do not gather with people who do not live with the contact.</p>
Release from Quarantine	<p>People who are placed under quarantine must complete, at a minimum, 10 days of quarantine. Day 1 of quarantine is the day <i>after</i> your most recent exposure to the person. Day 10 runs through the end of that last day. Example: Joe rides in a car with Mary for 2 hours on June 1. Mary has symptoms on June 3 and tests positive on June 5. Joe had no other contact with Mary after June 1. Joe's first day of quarantine is June 2 and his last day of quarantine is June 11 and is released on June 12 to resume normal activities (provided he had no symptoms).</p> <p>Three most common quarantine scenarios:</p> <ol style="list-style-type: none">1) <i>You will not have further contact or interactions with the confirmed or probable case while they are sick (i.e., a co-worker or classmate):</i> Date of most recent exposure to the person + 10 days = release from quarantine.2) <i>You live with someone who is a confirmed or probable case (i.e., family member), that case has isolated by staying in a separate bedroom, and you had no close contact with the person since they isolated:</i> Date the case began home isolation + 10 days = release from quarantine.3) <i>You live with someone who is a confirmed or probable case (i.e., family member) but you cannot or do not avoid additional close contact with the case:</i> Date the case ends home isolation + 10 days = release from quarantine (typically this is a total of 20 days). <p>Any time a new household member gets sick with COVID-19 and you had contact/exposure, quarantine must be restarted.</p> <p>If a quarantined person develops symptoms, he/she becomes a case, begins the isolation period (not less than 10 days), and must meet the release from isolation criteria.</p>



Special Quarantine Conditions

Breaking Quarantine

Ohio Department of Health guidance permits targeted and specific breaks or “fractures” in quarantine for both students and staff in K-12 schools. While under a 10-day quarantine due to an *exposure to a confirmed or probable case occurring in the classroom or bus setting only*, K-12 students and staff may continue to attend in-person school if the following conditions are met without exception:

- 1) The school has documented COVID-19 prevention policies, including universal mask wearing, social distancing, hand-washing, identification and management of students exhibiting symptoms of COVID-19, and routine environmental cleaning and disinfection protocols.
- 2) The exposure occurred within a classroom environment or while on required school transport (e.g., school bus).
- 3) The person with COVID-19 and any associated contacts were wearing face masks that covered their nose and mouth at all times.
- 4) Physical distancing was maintained at all times of at least 3 feet between desks or student-stations.

For the purpose of identifying exposures that will not meet the “break” of quarantine guidelines, maintain a list of rooms with desks or student-stations spaced less than 3 feet apart.

Students and staff may NOT break or fracture quarantine to attend in-person school if they are exposed to COVID-19 outside the classroom or bus setting. Exposures that occur during sports, extracurricular activities, or away from school do not qualify for this break in quarantine to attend in-person school.

The student or staff must remain at home all other times in accordance with general quarantine requirements; breaking quarantine is only permitted to specifically attend in-person school. Exposed students and staff may not break quarantine for sports or other extracurriculars.

Example Guideline Implementation Scenarios:

A positive case of COVID-19 is reported. The case is a 5th grade student who does not play sports or participate in extracurriculars. The student’s 5th grade classroom is correctly set up with desks spaced 3 feet apart and all students and staff were completely masked, up to and including 2 days prior to when the student became ill. No mask breaks were used. Students and staff in the classroom who were within less than 6 feet of the ill student for at least 15 cumulative minutes are considered exposed and quarantined; they may break quarantine to attend school during their 10 day quarantine period. These students and staff must stay home all other times unless seeking medical care.



Special Quarantine Conditions

<p>Breaking Quarantine (continued)</p>	<p>Example Guideline Implementation Scenarios (continued):</p> <p><i>A positive case of COVID-19 is reported. The case is a 10th grade student who plays on the basketball team. The student's 10th grade classrooms are all correctly set up with desks spaced 3 feet apart and all students and staff were completely masked, up to and including 2 days prior to when the student became ill. Mask breaks were not used. Students and staff in the classrooms who were within less than 6 feet of the ill student for at least 15 cumulative minutes are considered exposed and quarantined; they may break quarantine to attend in-person school during their 10 day quarantine period. These students and staff must stay home all other times unless seeking medical care. The student may not practice or play basketball. The members of the basketball team and coaches who were within less than 6 feet for at least 15 cumulative minutes are exposed and must quarantine; they may NOT break quarantine to attend school.</i></p> <p><i>A positive case of COVID-19 is reported. The case is a 12th grade student who does not play sports and does not participate in extracurriculars. The student's 12th grade classrooms are all correctly set up with desks spaced 3 feet apart and all students and staff were completely masked, up to and including 2 days prior to when the student became ill. Mask breaks were not used. Students and staff in the classroom who were within less than 6 feet of the ill student for at least 15 cumulative minutes are considered exposed and quarantined; they may break quarantine to attend in-person school during their 10 day quarantine period. These students and staff must stay home all other times unless seeking medical care. The student attended a party the same day he became sick. The contacts at the party who were within less than 6 feet for at least 15 cumulative minutes are exposed and must quarantine; they may NOT break quarantine to attend school.</i></p>
<p>Quarantine for Previously Positive Cases & Fully Vaccinated Persons</p>	<p>Students and staff who, within the past 3 months, have tested positive for COVID-19 (and have recovered) do not have to quarantine or get tested again if they are exposed to a confirmed or probable case as long as they do not develop new symptoms following exposure:</p> <ol style="list-style-type: none"> 1) People who have tested positive for SARS-CoV-2 RNA using a diagnostic molecular amplification detection (PCR) test do not have to quarantine for new exposures during the 3 months following the onset of the illness. 2) People who have tested positive for SARS-CoV-2 antigen using a rapid screening test after November 1, 2020 must consult with the school nurse about the case's history, severity of illness, exposures to other positive cases, and others members of the household who have been sick. <p><i>People who develop symptoms within 3 months of testing positive for COVID-19 must get tested again if there is no other cause identified for their symptoms.</i></p> <p>People who are fully vaccinated against COVID-19 are not required to quarantine following exposure to a positive COVID-19 case for 3 months following full vaccination.</p>



Case Reporting and Contact Tracing

There are two primary routes of case reporting. Cases are required to be reported to MCPH by labs and doctor's offices within 24 hours of receiving test results for a patient. Occasionally a patient will receive notification of a positive test result from their doctor's office or via their patient portal before it is reported to MCPH; this could result in a school staff member or parent of a student reporting the positive case to the school *before* MCPH becomes aware of the case.

When a positive case is reported:

- 1) MCPH will contact the designated school leadership and school nurse.
- 2) MCPH will call the case and conduct an interview. The case will be isolated by MCPH staff in accordance with the definitions in this document. The case will receive an email or letter from MCPH explaining isolation requirements and release from isolation criteria that must be met before going back to school. During the interview with the case, MCPH will identify contacts/exposures who are *not* other students or school staff (contacts outside of school).
- 3) The school will identify all contacts/exposures to the case as a result of school activities (classroom, sports, bus, etc.) and provide the names, phone numbers, and emails of those staff and students (parents of students). *Note: to ensure the right people are quarantined, cohorting, maintaining seating charts, and keeping accurate records of student/staff movements and interactions is incredibly important.
- 4) MCPH will call or email all contacts/exposures identified and conduct a brief interview. The contacts will be quarantined by MCPH staff in accordance with the definitions in this document. The contacts will receive an email or letter from MCPH explaining the quarantine requirements and release from quarantine criteria that must be met before going back to school.
- 5) MCPH will add all isolated cases and all quarantined contacts to the Madison Schools Sharepoint Line List (MSSLL) including release dates. All isolated cases will receive a call from MCPH at the end of isolation and a letter authorizing his/her release. All quarantined contacts will receive a letter authorizing his/her release.

The school should perform deep cleaning in all areas where the case was present up to and including 2 days before the onset of the first reported symptom or 2 days before the test was performed in the case does not have symptoms.

If a positive case is identified during the school day, case and contact tracing will take place immediately. Contacts that are at school will be identified and asked to be removed from school as soon as possible. For logistical purposes, it may be helpful to separate contacts who are waiting to be picked up from school away from other students.

Someone who has been tested and is waiting for lab results should not be at school since that person is considered a suspect case and must be isolated in their residence.

If a positive case lives outside Madison County, the Health Department in the case's county of residence will conduct the initial interview and will consult with MCPH.



Students/Staff with Symptoms

Any student or staff member that displays any of the symptoms of COVID-19 illness during the school day will be immediately isolated and sent home as soon as possible. This does not apply to any student or staff member that 1) has been fully vaccinated (receiving all doses in a vaccine series) against COVID-19, and 2) is within 3 months of being fully vaccinated. The isolated person must wear a cloth facial covering while waiting for pick-up or transportation home and be moved to a designated "sick" room separate from "well" people (well people are those who may need clinic services such as medications or treatment for an injury). Any staff member who is monitoring a symptomatic person must wear appropriate personal protective equipment (PPE). See the *Returning to School* section for additional guidance on handling staff and students who call in sick. Refer those displaying symptoms of COVID-19 illness to a health care professional or testing location.

Returning to School

When a staff member or student is released from isolation or quarantine he/she will receive a letter from MCPH. If the person lives outside Madison County, the Health Department where the person resides will provide a letter releasing the person from isolation or quarantine. MCPH will maintain and update the Madison Schools Sharepoint Line List (MSSLL) with release dates.

Any student or staff member (*who is not currently isolated or quarantined*) with a symptom compatible with COVID-19 illness will be permitted back to school if they are fever-free for at least 24 hours without the use of fever-reducing medications **and** meet one of the following criteria:

- 1) Provide written lab or physician results of a negative SARS-CoV-2 diagnostic molecular amplification detection (PCR) test collected in the previous 72 hours.
- 2) Provide written lab or physician results of a negative SARS-CoV-2 antigen rapid screening test collected in the previous 72 hours.
- 3) Provide written documentation from a physician clearing the student/staff member to return to school (including a return date).
- 4) At least 10 days have passed from the onset of the first symptom.
**If the person was hospitalized during the illness/symptoms, at least 20 days have passed from the onset of the first symptom.*

If a student (parent) or a staff member refuses to get a test or see a doctor, criteria 4 must be met.

Testing Resources

There is one testing provider in Madison County:

Madison Health (main hospital campus) located at 210 North Main Street in London. An appointment is required but a doctor's order is not required. Call 740-845-7242 to schedule an appointment. Madison Health Urgent Care may also be able to provide testing. The Urgent Care is located at 371 Lafayette Street in London may be able to provide testing. Call 740-845-6735 for the Urgent Care. Do not go to the Madison Health Emergency Department for (non-emergency) general testing.

Schools are supplied with a small quantity of SARS-CoV-2 antigen rapid screening tests that can be provided to symptomatic students and staff by authorized dispensers of the test kits at the school.