

## Frequently Asked Questions re: COVID-19

### 1. Q: What is the difference between isolation and quarantine?

**A:** Isolation separates sick people with a contagious disease from people who are not sick. A person who **tests positive for COVID needs to isolate from others** as much as possible. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. People in quarantine need to restrict their movement (stay home) and monitor for symptoms until their quarantine period ends.

### 2.Q: Can a positive child return to school before the 10 day isolation period ends if s/he retests negative?

**A:** No. A person who tests positive **can not “test out” of isolation**. S/he must isolate for the full 10 days. Day “0” is the start of symptoms, or the test date if asymptomatic. S/he can return on Day “11” with improved symptoms and no fever for over 24 hours without medication.

### 3. Q: What is the COVID-19 “infectious period?”

**A:** The infectious period refers to the 48 hours prior to either a positive test or the onset of symptoms, and the 10 days following.

### 4. Q: What does it mean to be “in quarantine?”

**A:** Being in Quarantine means that a person must monitor for symptoms, isolate from family members as much as possible, isolate from peers, and may not participate in any activities including school, sports, clubs, etc. People in quarantine should remain **at home** until their quarantine period is over. Mrs. Laney’s email will tell you the exact date that quarantine ends.

### 5. Q: What is considered a “close contact?”

**A:** If your child is within 6 feet of someone who tested positive for COVID-19 during their infectious period, and the contact was for 15 minutes or more (over the course of 24 hours) **and** either one of the parties is unmasked, that is considered a close contact during school hours. “Close contacts” are required to be quarantined (if unvaccinated). Any student who has a close contact outside of school hours or has a household member that tests positive is required to quarantine as well.

### 6. Q: Does my child have to be quarantined if they have a close contact while at school?

**A:** Yes, your child will have to be quarantined unless s/he is FULLY VACCINATED. A person is considered fully vaccinated if 2 weeks have passed since their last required immunization was administered.

### 7. Q If my child has already had COVID, does s/he still have to quarantine?

**A:** If s/he is within 90 days of a positive COVID test, your child will NOT need to quarantine.

### 8. Q: How do you calculate the quarantine period?

**A:** Quarantine starts on the day of last close contact with a positive person; that date is considered Day “0.” The 7-10 day quarantine options are calculated from there. Once the 7-10 day at home quarantine ends, students will need to monitor for symptom development for another 4-7 days and mask in public places (school, indoor sports, parish activities, etc.) so that the period of monitoring for symptoms is a full 14 days. Mrs. Laney’s email will always tell you the exact dates.

**9. Q: How soon can my child “test out” with the 7 day quarantine option?**

**A:** If your child is in quarantine due to a close contact (not a positive test), you can test him/her on day 5, 6, or 7 of quarantine. S/he can return on Day 8 with proof of a negative test. Home tests are **not** accepted for the 7 day quarantine option.

**10. Q: I received a “monitoring” letter. What does that mean?**

**A:** The monitoring letter is sent to all individuals in the same class (or the same grade in Middle School) as someone who tests positive for COVID. If you receive this letter, your child did not come in “close contact” but is considered to have had an indirect exposure. S/he can still come to school as long as s/he does not develop any ONE symptom. If your child begins showing symptoms, keep your child home and contact the office and your health care provider for recommendations. Mrs. Laney’s email will have exact dates.

**11. Q: What type of COVID test is accepted?**

**A:** We will accept a Rapid Test or PCR test results from a laboratory. Home tests are not allowed.

**12. Q: If my child is fully vaccinated, will s/he have to quarantine or get tested if they have a close contact?**

**A:** No. If your child is fully vaccinated, s/he can continue to come to school but must be masked at all times while indoors for 10 days after the exposure. S/he will not be able to eat lunch in the cafeteria since we are not able to maintain 6 feet of distance at lunch. We will find an alternate location for lunch for the duration of the 10 days. Testing is recommended, but not required, on day 3-5 after the close contact irregardless of symptoms. Monitoring for symptoms and masking in public is required for the full 14 day period after the exposure. Mrs. Laney’s email will give you the exact dates.

**13. Q: When is my child too sick to come to school?**

**A:** Students with **ANY one** of the following symptoms must remain home and get tested: new cough, new onset of shortness of breath, or new loss of taste and/or smell. Students with **ANY two** or more of the following must remain home and get tested: fever of 100.4 or above, chills, muscle aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue. H/she may return to school after a negative test **OR** a doctor's note with another diagnosis, **OR** 10 days have passed since symptoms began.

**14. Q: Does my child have to wear a mask while outside?**

**A:** Your child only has to wear a mask outside if you require it. We allow and encourage students to take their masks off whenever we are outside for recess, walking to church, at dismissal, taking a walk, working outside, etc.

**15. Q: Does my child have to wear a mask during indoor PE class?**

**A:** Students do wear their masks during PE classes because they are usually playing games and doing other activities where they are close to one another. If the class is doing drills where they are able to maintain 6 feet of distance they are allowed to remove their masks if their parents allow them to do so.

**16. Q: When is my child allowed a mask break?**

**A:** Students can take a mask break whenever they need one. There are places in each classroom for a break including multiple spots for breaks in the gym. Students can also request to step out of the room for a break if needed.