



Indiana
Department
of
Health

BACK TO SCHOOL AND COVID-19

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Change to Close Contact Definition During the Educational Day ONLY!

- The changes in definition are only for the **academic school day while in the classroom and apply to grades K-12**
- **IF** at least 3 feet of separation is provided between students and teachers during the school day, when students are forward facing in the classroom **AND** when masks are always worn, contact tracing will not need to be completed if there is a positive case identified in the classroom with a minimum of 3 feet of space between classmates and teacher.
- The decrease to 3 ft for close contact tracing only works **IF** masks are consistently worn and other mitigation strategies are consistently used. There should always be a **minimum** of 3 ft. of separation in the classroom with masks to decrease need to contact trace within the classroom.

When Contact Tracing Remains at 6 feet:

- If you do not mask and distance to at least 3 feet in the classroom during the educational portion of the school day, you must contact trace to 6 feet.
- These changes **DO NOT** apply in high-risk classes such as band, orchestra, choir and show choir. Other high-risk classes may also need to be placed in this category – review at a school level
 - Continue to **mask at all times** and distance AT LEAST 6 feet
- These changes **DO NOT** apply in athletics or other extra-curricular group activities.
 - Continue to mask and distance AT LEAST 6 feet.
- Close contacts are defined as anyone within 6 feet during athletics or other extra-curricular activities.
- If your school or district wants to continue contact tracing at 6 feet, that is acceptable

Current CDC and IDOH Quarantine Recommendations

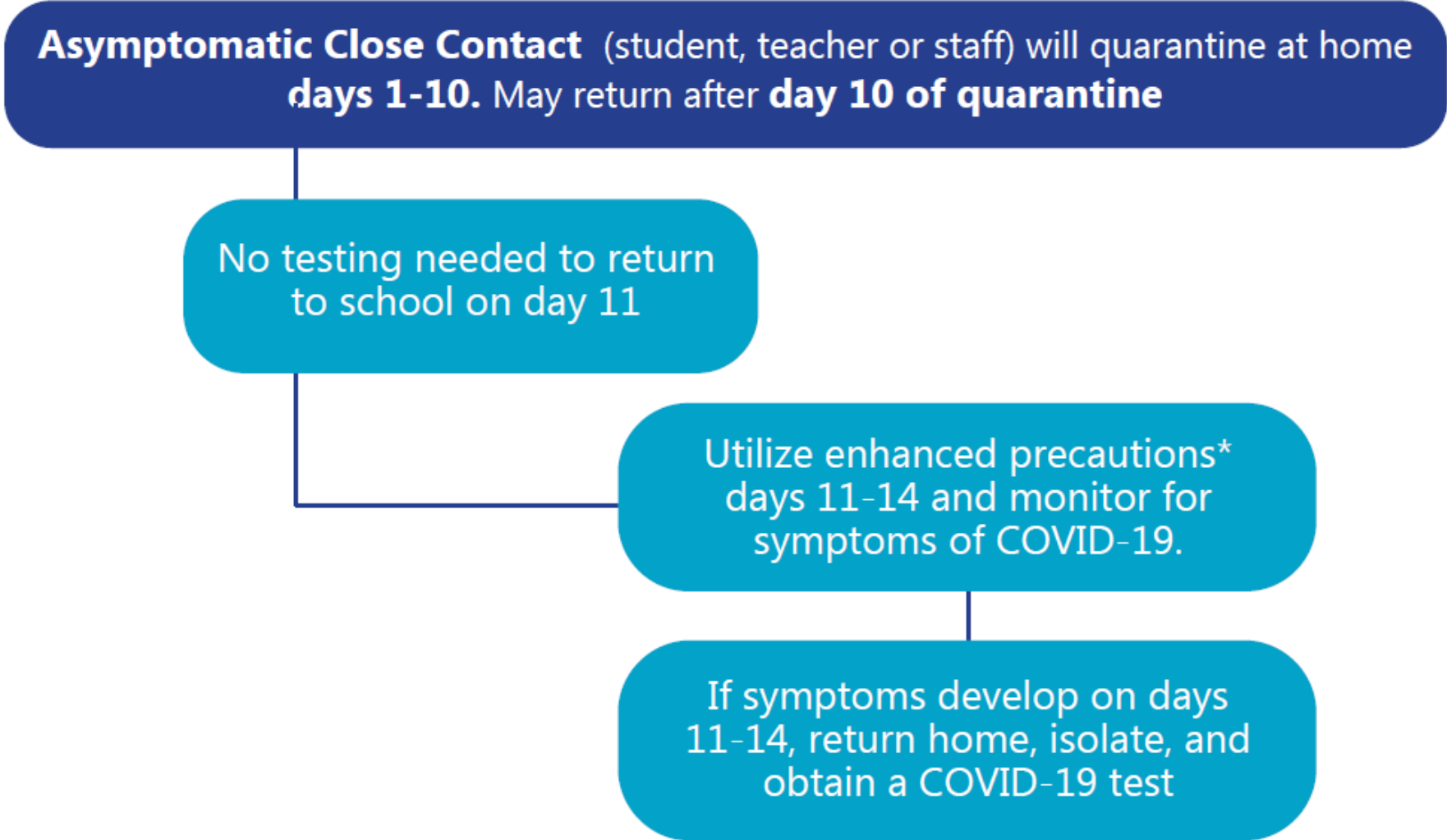
CDC and IDOH continue to recommend quarantine for a full **14 days** and recognize that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

Two options have been added to reduce quarantine for those who are **asymptomatic**, if determined reasonable in consultation with your local health department.

After 10-DAY & After 7-DAY



COVID-19 Asymptomatic Algorithm – K-12 guidance for early return to school from quarantine on Day 11



Current CDC and IDOH Quarantine Recommendations

After Day 10

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
- With this strategy, residual post-quarantine transmission risk is estimated to be about 1%, with an upper limit of about 10%.
- Immediately isolate and seek testing if you experience symptoms at any time during the 14 days after exposure to someone who has tested positive for COVID – 19
- Enhanced precautions must be utilized to return early from quarantine through day 14 of last exposure to the positive individual

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

COVID-19 Asymptomatic Algorithm – K-12 guidance for early return to school from quarantine on Day 11 – Enhanced Precautions

- Masked at all times on bus and during school day, no exceptions
- Maintain distance of at least 3 feet from others at all times during the educational school day. The only time lesser distance of close contact of 3 feet is permitted is during the educational portion of the day when everyone is in the classroom, facing forward and wearing a mask.
- Lunch to be eaten separately from others, as mask will be off when eating. Remain 6 ft. from others, no exceptions
- Hand hygiene should be a priority.
- Symptom monitoring daily by parents, as needed by school staff during the school day

COVID-19 Asymptomatic Algorithm – K-12 guidance for early return to school from quarantine on Day 11 – Enhanced Precautions

- If ANY signs or symptoms are identified while at home, student/teacher/staff should NOT come to school and should seek a confirmatory PCR test.
- If symptoms develop during the school day, individual should be sent home as soon as possible to get a confirmatory PCR test.
- If PCR test is positive, begin 10 days of isolation starting from the date symptoms began.
- If PCR test is negative, because individual is a close contact, must complete remainder (days 11-14) of 14-day quarantine and remain at home until symptoms improved and 24-hours fever free without the use of fever-reducing medication.

Early Return from Quarantine instructions for Athletics and other Extra-Curricular Activities

For **ALL** extra-curricular activities including, but not limited to, band, choir, orchestra, **athletics**, including cheerleading:

- Masks must be worn at all times, no exceptions
- If mask cannot be worn at all times, due to risk associated with mask during activity, student should not practice, compete or attend the activities until after a full 14-day quarantine is complete
- Distance at least 6 feet away from others during practice, participation or while observing.
- If distance of at least 6 feet away from others during practice, participation or while observing cannot be maintained at all times, student should not practice, compete or attend the activities until after a full 14-day quarantine is complete
- Utilize hand sanitizer before and after playing/touching equipment.
- Stay home if symptoms appear or if feeling sick and get a PCR test.

Important Reminders

- No matter which quarantine option you follow - **STAY HOME IF SICK OR NOT FEELING WELL**
 - ANY potential symptom:
 - On the Covid parent screening tool
 - Including runny nose, congestion, fatigue, muscle or body aches
 - Symptoms are not all-inclusive
- If the student, teacher or staff member does not feel well in any way ... have them stay home and get a COVID-19 test.
- Remember that the risk of infection within the shortened quarantine can be between 1-12%, so the shortened quarantine is not a free pass to return to normal faster.

Mask Guidance

DO WEAR -

- Masks should fit snugly around the nose and chin with no large gaps around the sides of face
- Masks made with two to three layers
- Masks made of breathable, tightly woven cloth such as cotton
- Masks with inner filter pockets

DON'T WEAR –

- Masks that don't fit properly
- Masks made from materials such as plastic or leather, scarfs or ski masks
- Masks made from loosely woven fabrics, knits or those with one layer
- Masks with exhalation valves or vents

Some last reminders

- Face masks should be worn by everyone in all K-12 classrooms to be able to reduce your contact tracing distance to 3 feet. No face masks, continue to contact trace at 6 feet
- The reduced contact tracing to 3 feet is ONLY FOR THE educational part of the school day. It doesn't include lunch, recess, the bus, extra-curriculars, sports
- The options for lessening quarantine are not mandatory
- The option for reducing distance for contact tracing is not mandatory
- The use of BinaxNOW testing in schools is not mandatory
- This is all about providing a safe environment for students, teachers and staff during the school day and giving you options to be at school safely.
- Please continue to work with your local health departments as you work through this information. What works for some districts may not work for others (even in the same county).
- We will be working on some additional opportunities to allow you time to ask questions and gain additional knowledge. At the latest, we will provide information about that next Friday...perhaps sooner
- K-12 color coded guidance is being updated and will be posted shortly. We will review it next week during the webinar