

## **RUSD Quarantine Procedures**

### **CLOSE CONTACT**

#### **Students (Indoors/outdoors): You are a close contact if:**

1. You are within less than 3 feet of someone who is COVID-19 positive, even when both are masked, for at least 15 minutes or more during a 24-hour period of time in the classroom setting (not lunchroom).
2. You are within less than 6 feet of someone who is COVID-19 positive, when one or both people are unmasked, for 15 minutes or more during a 24-hour period of time.
3. You have had direct physical contact (hug, kiss, handshake), exposure to respiratory secretions (cough/sneezed on, shared water bottle), or spent the night at the positive person's home.

#### **Staff (Indoors/outdoors): You are a close contact if:**

1. You are within less than 6 feet of someone who is COVID-19 positive, regardless of masking by one or both people, for 15 minutes or more during a 24-hour period of time.

### **CLOSE CONTACT EXPOSURE**

#### **Vaccinated students and staff**

You do not need to quarantine if you are fully vaccinated and up-to-date and without symptoms.

- Wear a mask at all times.
- Practice physical distancing and other mitigating measures such as hand washing.
- It is recommended that you test 5 days after the date of your last exposure.
- You must self-monitor for 10 days.

#### **Students and staff who are NOT vaccinated**

If you are a close contact without symptoms and are NOT vaccinated, you must quarantine for 5 days and may return to work or school on day 6. Upon return, you must:

- Wear a mask at all times.
- Practice physical distancing and other mitigating measures such as hand washing.
- It is recommended that you test 5 days after the date of your last exposure.
- You must self-monitor for an additional 5 days, through day 10.

If you develop symptoms, regardless of your vaccination status, you must remain at home. It is recommended that you get tested.

- If you are fully vaccinated and receive a negative test result, you may return to school or work provided you are ALSO fever-free for 24 hours (without fever reducing medication) AND have greatly improved symptoms.

- If you are unvaccinated, and receive a negative test result, you may return to school or work on day 6 provided you are ALSO fever-free for 24 hours (without fever reducing medication) AND have greatly improved symptoms.
- If you choose not to test OR you test positive, you must remain home for at least 5 days from the onset of symptoms.
  - You may return on day 6 if:
    - fever-free for 24 hours (without fever reducing medication) AND have greatly improved symptoms.
    - Wear a mask at all times
    - Practice physical distancing and other mitigating measures
    - You must continue to self-monitor for an additional 5 days, through day 10

**FULLY VACCINATED AND UP-TO-DATE MEANS:**

- Have received both doses of Pfizer or Moderna vaccine within the past 5 months OR have received a booster dose.
  - Under the age of 12: both doses of Pfizer, regardless of timing.
- Have received the Johnson & Johnson vaccine within the last 2 months OR have received a booster dose of Pfizer or Moderna.
- Have a confirmed positive COVID test within the last 90 days, whether Rapid Antigen or PCR.

**SELF MONITORING SYMPTOMS MEANS:**

1. Monitor for fever by taking temperature twice a day.
2. Remain alert for any symptoms, including fever, cough, difficulty breathing, chills, muscle aches, loss of taste or smell, runny nose or nasal congestion, fatigue, nausea, vomiting, or diarrhea.
3. If you develop any of the above-referenced symptoms during the self-monitoring period, self-isolate at home, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether a medical evaluation is needed.

**TESTING INFORMATION**

1. Qualified tests include:
  - a. Rapid Antigen
  - b. PCR test
2. Tests that are not included:
  - a. At-home testing

**Notes**

1. A medical provider's note will not be accepted for the purpose of reducing the period of quarantine if you have been identified as a close contact.
2. Quarantine should be counted as the date of exposure, not the day of notification.
3. Date of last exposure = day 0.
4. Date of symptom onset = day 0.