



Student Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## COVID-19 Exposure Notification for Parents and Guardians

**Your student may have been exposed to someone diagnosed with or suspected to have COVID-19.**

**Date of exposure:** \_\_\_\_/\_\_\_\_/\_\_\_\_

The Centers for Disease Prevention and Control (CDC) defines a close contact as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.

In the **K–12 indoor classroom** setting, the close contact definition ***excludes*** students who were within **3 to 6 feet of an infected student** where

- both students were engaged in **consistent and correct use of well-fitting masks; and**
- other **K–12 school prevention strategies** (such as universal and correct mask use, physical distancing, increased ventilation) were in place in the **K–12 school setting**.

Except in certain circumstances, people who have been in close contact with someone who has COVID-19 should stay at home. However, the following people with recent exposure may NOT need to remain at home:

- People who have been fully vaccinated
- People who were previously diagnosed with COVID-19 within the last three months

**If your student does not meet the exception noted above for K-12 students, or has not been vaccinated or has not been previously diagnosed with COVID-19 in the last three months:**

- ✓ Your student should stay at home. The COVID-19 incubation period and the ideal time period to remain at home continues to be 14 days after last exposure to a case. However, if 14 days is not practical, 10 days is acceptable if the following conditions are met:
  - Continue to monitor for symptoms daily through day 14.
  - If any one of the following symptoms are observed, isolate immediately and seek testing: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new taste or smell disorder, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
  - Wear a mask, stay at least 6 feet from others, avoid crowds, wash hands frequently, and take other steps to prevent the spread of COVID-19 in case infectious without symptoms.
- ✓ If your student becomes symptomatic during this time, have them evaluated by their healthcare provider/doctor and report to the school nurse the results and outcome of the medical evaluation. Cases (includes symptomatic Close Contacts):
  - Must be isolated for at least 10\* days after symptoms first appeared and
  - At least 24 hours since resolution of fever (without the use of fever-reducing medications) and
  - Other symptoms have improved.