

STUDENT QUARANTINE

INSTRUCTIONS FOR PARENT/GUARDIAN

When student has been in close contact with someone who is positive for coronavirus

If your child has been identified as a contact case (meaning within 6 feet of a positive individual for a cumulative 15 minutes in a 24 hour period) they will need to quarantine for 10 days from the last date of contact with the positive individual. If there are multiple positive cases within your home, the quarantine length may be extended. If the contact occurred at school, the Department of Public Health works with the school nurse and the school nurse works with the classroom staff to determine who meets criteria for quarantine. Quarantine does not mean that your child has COVID-19 but it does mean there has been an exposure or potential exposure. To stop the spread of COVID-19, individuals who are exposed are asked to quarantine. You will be notified by the school nurse or the nurse's designee if your child needs to quarantine as a result of a close contact at school. If you learn that your child is a close contact of a positive case at home or in the community, you should notify your child's school nurse immediately.

Quarantine means the following:

- Your child is asked to stay home except to get medical care
- Your child may not attend in-person school. They may participate in remote school.
- Your child should avoid public spaces and practice social distancing from other people (6 feet is recommended)
- Cover coughs and sneezes
- Wash hands regularly
- Wear cloth face coverings when around other people (children under 2 years of age, anyone having trouble breathing or is unconscious, and anyone who cannot remove a mask or face covering themselves, should not wear a mask or face covering. Please refer to CDC guidance on use of face coverings for more detail. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>)
- If exercising or playing outside, make sure your child does not have symptoms and wears a face covering when possible
- Avoid crowded areas

During quarantine you should monitor your child.

Monitoring means:

- Check your child's temperature twice daily at least 6 hours apart and record it in a log.

- Watch for fever. Fever is defined as a temperature of 100.5 degrees Fahrenheit or higher
- Monitor for symptoms (fever, cough, sore, throat, difficulty breathing, chest pain, headache, vomiting, diarrhea)
- Contact and consult with your child's physician as needed.
- Contact 911 if you have a medical emergency

*****A contact tracer will call you on behalf of Delaware Department of Public Health to conduct a contact case interview for your child. Contact tracing provides follow-up and support through the quarantine period. Your caller ID will state DE PUBLICHEALTH or 302-446-4262. You will need to answer this call and complete the interview. This interview will generate your child's quarantine letter for school and your child's release from quarantine letter at the end of the quarantine period. **Delaware public schools require this letter for return to school.** Once you complete the interview you will receive daily follow-up via text message until your child is released from quarantine. Public health will provide your quarantine letter and quarantine release letter via text or email. Please provide a copy of each of the letters to the school nurse **prior to your child's return to school.**

END OF QUARANTINE

Your child may end quarantine after day 10 if no symptoms were noted on daily monitoring. Quarantine will be complete at the end of the 10th day and your child may return to school on day 11 once the quarantine release letter has been issued. A release from quarantine letter is required to return to school.

If you need a quarantine release letter and you have not heard from contact tracing or have not received your quarantine release letter as expected you should email:

dph_quarantine@delaware.gov

If your child becomes symptomatic or tests positive during the quarantine period your child will convert to isolation status and you will receive separate instructions for isolation.

**** Due to high volumes of COVID-19 cases you may not receive a contact tracing phone call immediately. Your child still needs to quarantine. You may call the DE Public Health Live Line to do the contact tracing interview at 1-844-611-3231. The interview generates the quarantine letter and when criteria is met – the quarantine release letter that is needed for your child to return to school.*

For State of Delaware information about COVID-19, testing sites, contact tracing, resources, and FAQs please refer to: <https://coronavirus.delaware.gov/>