

Student Quarantine

Instructions for Parent/Guardian

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 14 days from the last date of contact with the positive individual. 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.

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 and those who cannot remove a mask or face covering themselves should not wear a mask or face covering)
- 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. **All 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.**

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. If you have not received a phone call from Public Health within 3 days of being informed of your child's need to quarantine please alert your school nurse.*