CRCWP Parent Info Session
DPH Guidelines Updates

February 1, 2022
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Updates on DPH Guidelines

How We Stay Current:

- Regular attendance at state-wide DOE/DPH meetings (twice weekly)
- Frequent discussions with DPH
- Regular meetings and discussions with other Special Schools in DE
- Website - DOE/DPH Guidance Documents
- CDC Guidance & Website
Isolation vs Quarantine

**Isolation** separates sick people with a contagious disease from people who are not sick. (For positive cases).

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. (People who have been exposed to a positive case).
What has not changed?

- **Incubation period** (when you are infected until when you might see symptoms). Remains 2-14 days. Average 5 days but may be shorter with Omicron.

- **Infectious period** - Period of time you are infectious to others if you are positive - 48 hours before symptoms appear (or first positive test if asymptomatic) until 10 days after.

What has changed?

The APPROACH to management of the isolation & quarantine periods to allow people to return to school and work to support society’s ability to function.
ISOLATE – For 5 days, regardless of vaccination status

- Report positive case to school nurse/COVID coordinator.
- Provide information for any close contacts from the school environment.

**With Symptoms:**
1) You can end isolation **5 days after** symptoms first appeared
   - **IF:** 24 hours with no fever without the use of fever-reducing medications
   - **IF:** Other symptoms of COVID-19 are improving (loss of taste/smell may last weeks and should not delay end of isolation)
   - **AND:** You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.

**Without Symptoms:**
- **Isolate for 5 days** since your positive COVID-19 test. You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- If you are unable to wear a mask, isolate for 10 days
**QUARANTINE**

**IF YOU:**
- Ages 5 and above - Vaccinated & up-to-date (boosted if eligible)
- *** updated - 1/31/2022
- You had a viral-test confirmed case of COVID-19 within the last 90 days.

**THEN:**
- No quarantine is required
- Wear a well-fitting mask for 10 days around others both at home, and when not at home
- Test on day 5 after your exposure if possible (not required if positive COVID-19 test in last 90 days)
- If symptoms develop, isolate at home immediately and get a test.

**Waived Wear mask for 10 days**

**IF YOU:**
- Are unvaccinated, or partially vaccinated
- You are 18+, fully vaccinated but haven’t gotten booster if eligible (five months after complete Pfizer/Moderna series, or two months after J&J vaccine).

**THEN:**
- Stay home (quarantine) for 5 days.
- Wear a well-fitting mask around others at home and outside of home for another 5 days
- Test on day 5 after your exposure if possible
- If symptoms develop, isolate at home immediately and get a test.

5+5 OR TEST TO STAY (TTS)
TEST TO STAY - (TTS)

- Test each evening x 5 days. Day 1 is day of exposure.
- Testing Sun-Thurs. At designated Quidel sites
- If negative can attend school next day
- Must wear well fitting mask for full 10 days
So what is key to the application of the new guidelines?

- Ability to **wear a well fitting mask correctly and consistently** (impacts both isolation and quarantine)
- **Vaccination status** (impacts quarantine)
- Hx of COVID 19 in past 90 days diagnosed with **OBSERVED TEST**
At this time individuals who tested positive via the use of unobserved home test kit in the past 90 days are **not** afforded the 90 day waiver should they be exposed to a positive case during the 90 days going forward.
Contagious Period

FROM: 48 hours before symptom onset or 48 hours before first positive test if asymptomatic

TO: 10 days after symptom onset or 10 days after first positive test if asymptomatic. Transmissibility declines over time.
- Viral load
- Low analytic sensitivity (lateral flow test)
- High analytic sensitivity (PCR)

Incubation | Infectious | Post infectious
--- | --- | ---
Exposure | Symptoms | PCR test continues to be positive in throat swabs
Average 17 days (maximum 83 days)

Early infection detectable by PCR only (potentially pre-infectious)
Infectious
Late phase detectable by PCR only (potentially post-infectious)
Transmissibility (CDC)

Figure. Modeled estimates of post-quarantine transmission risk with quarantine duration. The light blue bars indicate the daily post-quarantine transmission risk if there is no clinical evidence of COVID-19 elicited during daily symptom monitoring. The dark blue bars indicate the post-quarantine transmission risk with the addition of a negative RT-PCR result from a specimen collected 24-48 hours prior.
Wear a mask to protect yourself and others.

COVID-19 carrier → Healthy person

- **Low Risk**
- **Medium Risk**
- **Medium Risk**
- **High Risk**
A well fitting mask should:

- Cover your nose and mouth and be secured under your chin
- Fit snugly against the sides of your face
Choosing a Mask

Current recommendations are for KN95/KF94/N95
In Summary

Under current DPH guidelines, **with correct and consistent masking** a person is:

- Eligible for shortened isolation
- Eligible for shortened quarantine
- Eligible for Test-To-Stay
- Eligible for waived quarantine (if fully vaccinated and up-to-date)
Classroom Support w/Masks

Teachers/staff are expected to

- teach, model, prompt, and encourage appropriate mask-wearing
- notify families if their children do not wear masks appropriately
- provide info on classroom instruction to support mask-wearing
- Collect data on mask-wearing with support from our BAs
  - Teachers will share information with their families
Instruction and Attendance During Quarantines

Teachers/Staff may provide

- Zoom during the day
- Asynchronous learning (Schoology courses, IReady, Achieve, work packets)
- Coaching by phone
- Attendance would be coded as “remote present”
Instruction and Attendance During Quarantines

If quarantine is greater than 10 days

>>>Homebound Instruction

- Via Zoom after school hours
- With Homebound instructor
- Will need a Prior Written Notice
- Attendance would be coded as “homebound”
Team Approach during COVID

We will continue to

- Teach, model, prompt, and encourage our students to wear masks correctly and consistently
- Practice social distancing and mitigation strategies
- Offer instructional opportunities during quarantines
- Follow DPH guidelines and also bring our questions and concerns to DPH
- Stay informed through statewide discussions/forums
- Advocate for our students
Team Approach during COVID

We need your continued support to

- Work on mask-wearing at home with your students
  - Please make sure to send your child into school with a mask on (also helpful to put a spare mask in your child’s backpack).
- Review and practice social distancing and risk mitigation strategies at home and in the community
- Communicate with our school nurses, classroom staff, and admin
- Advocate for our students
- Contact DPH with any concerns or questions related to the state guidelines
A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

CHRISTOPHER REEVES