

## **Glendale School District**

### **Quarantine Guidelines**

#### **How long does my child need to quarantine after being exposed to COVID-19?**

The CDC, Pa Dept. of Health, and input from medical staff concur that the 14-day quarantine maximally reduces risk of transmission and remains the strategy with the greatest collective experience showing reduced disease transmission at the present time. We realize the burden families incur with a 14-day quarantine. In accordance with the guidelines, we have provided an option for you to shorten your quarantine to a 7-day quarantine with a negative test on or after day 5 of as outlined below:

- As long as you have not had any symptoms between Day 1 and Day 5 of quarantine you may test between Day 5 and 7 (Either RT-PCR or antigen test) for a Day 8 return as long as you test negative.
- You provide documentation of the negative test result.

Ending quarantine before Day 14 requires strict adherence to the following:

- Daily symptom monitoring must continue through quarantine Day 14; and,
- All recommended non-pharmaceutical interventions (masking, physical distancing, etc) are strictly followed.
- If any symptoms develop, immediately self-isolate and contact the school nurse at 814-687-5042 and DOH at 1- 877-PA-HEALTH, or your healthcare provider to report this change.

#### **How long does my child have to quarantine if someone in our household has COVID-19**

Following CDC and PA Dept. of Health guidelines, if you live with someone who is COVID positive, you need to quarantine during their 10 days and then you would start your own quarantine for 14 more days. That means you would be in quarantine a total of 24 day. You could test out as noted above between day 15-17 for a day 18 return which quarantines you 17 days versus 24.

#### **If someone in my household has COVID-19 symptoms and is waiting for test results**

Please keep your child home until results come back. If negative, your child can return to school immediately. Please notify the school nurse if this is the case.

#### **If one of my children has been quarantined, do my other children need to stay home also?**

No. As long as your other children have not been told to quarantine they may return to school. However, if the child who has been quarantined develops symptoms of COVID-19, then you must keep the other children home. Please notify the school nurse if this is the case.