Outbreak Response Protocols: Pre K-12

Guidance for COVID-19 outbreak response in Pre K-12 schools

Version 8.0 (Updated January 10, 2022)
## Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summary of Changes</td>
<td></td>
</tr>
<tr>
<td>COVID-19 Fundamentals</td>
<td></td>
</tr>
<tr>
<td>Infectious Period and Isolation Timelines</td>
<td></td>
</tr>
<tr>
<td>Close Contacts and Quarantine</td>
<td></td>
</tr>
<tr>
<td>Isolation and Quarantine for Household Members</td>
<td></td>
</tr>
<tr>
<td>COVID-19 Vaccination</td>
<td></td>
</tr>
<tr>
<td>Previously Infected with COVID-19</td>
<td></td>
</tr>
<tr>
<td>Mask Mandate</td>
<td></td>
</tr>
<tr>
<td>Testing for COVID-19</td>
<td></td>
</tr>
<tr>
<td>Confirming a Positive Antigen Test Result</td>
<td></td>
</tr>
<tr>
<td>Bus Guidance</td>
<td></td>
</tr>
<tr>
<td>School Events Guidance</td>
<td></td>
</tr>
<tr>
<td>Sports Guidance</td>
<td></td>
</tr>
<tr>
<td>Protocols for Schools</td>
<td></td>
</tr>
<tr>
<td>Travel Guidance</td>
<td></td>
</tr>
<tr>
<td>Resources for Schools</td>
<td></td>
</tr>
<tr>
<td>Appendix</td>
<td></td>
</tr>
<tr>
<td>Glossary</td>
<td></td>
</tr>
</tbody>
</table>
Summary of Changes

Current Version is 8.0
January 8, 2022
Summary of Changes to Playbook

Version 8.0 (January 8, 2022)

• Reminder! All updated language is highlighted for reference
• Responding when someone has symptoms (Slides: 10, 13)
• Infectious period and isolation (Slides: 15-19)
• Isolation for people who are immunocompromised (Slide: 20)
• Close contacts and quarantine (Slides: 21-44)
  • Quarantine exemptions for Pre K-12 schools (Slide: 25)
  • Up to date with COVID-19 vaccination, including people who are immunocompromised (Slides: 27-30)
  • Modified quarantine programs for schools: Monitor to Stay and Test to Stay (Slides: 32-33)
• Vaccination (Slides: 49-54)
• Testing (Slide: 65-68)
• Self-tests (Slide: 70-74)
• Sports Guidance (Slides: 85-89)
COVID-19 Fundamentals
How To Use This Playbook

• This playbook is designed to serve as a resource for school leaders, school nurses, COVID-19 Coordinators, and families to outline the most current State requirements and best practice recommendations to help prevent the spread of COVID-19.

• Clarification on public health terminology:
  • **Requirements**: policies or behaviors that **must** be followed. Requirements may be a federal law, a State Regulation, or a Governor’s Executive Order.
  • **Recommendations**: policies or behaviors that **should** be followed. Recommendations are based on best practice, science, data, experience, and resources.
  • **School Policy**: Schools may have policies that are more strict or different than what is required or recommended.
Symptoms of COVID-19

- Fever or chills;
- Cough (new);
- Shortness of breath or difficulty breathing;
- Fatigue;
- Muscle or body aches;
- Headache;
- Sore throat;
- New loss of taste or smell;
- Congestion or runny nose (new);
- Nausea or vomiting; or
- Diarrhea.

cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
Include COVID-19 Symptom Management into Existing Illness Policies

**Option A**

Anyone with new onset of one symptom of COVID-19 must isolate, go home, and get tested.

**Option B**

Same clinical criteria from 2020-2021 school year:

Individuals with **one major** or **two minor** symptoms of COVID-19 must isolate, go home, and get tested.

*If choosing Option B, anyone with one minor COVID-19 symptom may remain in school. Schools may continue to send home anyone with one symptom such as fever, vomiting, or diarrhea according to regular school policy.*

- Note: COVID-19 policies should be included in existing school illness policies. For example, if someone has a fever or is vomiting, they should be sent home if it is in existing illness policies, even if it’s not included in the COVID-19 policy.

- Note: Schools maintain the ability to choose the best COVID-19 symptom policy based on community and school-wide transmission rates and other relevant factors.
Use Case Clinical Criteria When Assessing Symptoms

Any **ONE** major symptom: PROBABLE

- Cough (new)
- Shortness of breath or difficulty breathing
- New loss of taste or smell

Any **TWO** minor symptoms: PROBABLE

- Fever or Chills
- Muscle or body aches
- Headaches
- Sore throat
- Fatigue
- Congestion or runny nose (new)
- Nausea or vomiting
- Diarrhea
Testing and Returning to School After Symptoms of COVID-19

Scenarios for when a symptomatic individual is tested, based on school policy:

• If a COVID-19 test result is positive, then the individual must follow isolation guidelines before returning to school and
  - Isolate at home for at least 5 days until their symptoms have improved and they have been fever-free for 24 hours without the use of fever-reducing medicine, and wear a well-fitting mask for 5 more days.
  - Some symptoms may be caused by seasonal allergies or other chronic illness and may continue for longer periods of time. In this case, a student should be permitted to return to school if their PCR test result is negative and they have been fever-free for 24 hours without the use of fever-reducing medicine.
• If an antigen test result is negative, then a confirmatory lab-processed PCR test is recommended.
  - If the PCR test can’t be obtained, schools may choose to accept a negative antigen test result.
COVID-19 and Allergies

When there is **new onset** of ANY symptom, it could be COVID-19.
COVID-19 and Allergies, Asthma, or Chronic Health Conditions

If a student or staff has new onset of COVID-19 symptoms that require staying home or dismissal from school, they should stay home and get tested.

- If the PCR test result is negative and symptoms are consistent with allergies, asthma, or other chronic health conditions, then the individual may return to school/sports after being fever-free for 24 hours without the use of fever-reducing medicine.
  - If symptoms are a result of allergies, they may last as long as the allergen (i.e., pollen) is present. This may be for weeks or longer. The child may attend school/sports as long as there is no fever, no new COVID-19 symptoms, and no sudden change of symptoms.
- If the individual has a new additional COVID-19 symptom or sudden change or worsening of runny nose, nasal congestion, or another symptom, then they should
  - Be sent home;
  - Get medical advice; and
  - Get tested, as required, to return to school/sports.
Symptoms FAQs

What if someone with a COVID-19 symptom refuses to get tested or can’t get a test result in a timely manner?

• If someone with symptoms **refuses to get tested**, the individual should be **managed the same way as a positive case** of COVID-19:
  
  • The individual should isolate for **at least 5 days**, and wear a well-fitting mask for 5 more days.
  
  • The household contacts should quarantine.
  
  • School contacts are **recommended to get tested 5 days after exposure regardless of their vaccination status**, but this is no longer required.

If someone with COVID-19 symptoms refuses to get tested, then completes their isolation period, and then gets sick a few weeks later, how should that person be treated?

• This person should be sent home and get tested. If they refuse testing again, they should remain home for another 5 days or until their symptoms improve and they’ve been fever-free for 24 hours without fever-reducing medication, and then wear a well-fitting mask for 5 more days.
Infectious Period and Isolation Timelines
What Is the Infectious Period for COVID-19?

- **Symptomatic Cases**
  - Two calendar days prior to symptom onset until 10 days after symptom onset.

- **Asymptomatic Cases**
  - Two calendar days prior to testing (the date the swabbing was conducted) until 10 days after the date of testing.

- **Updated CDC guidance based upon new data show that most people are most infectious during the first days of infection.**
  - The majority of COVID-19 transmission happens during the early periods of infection. Generally, in the 1-2 days prior to onset of symptoms and the 2-3 days after.
Isolation

- **Isolation** is for the ill or infected
  - Separate individuals who are infected with COVID-19 from other people.
  - Stay home and isolate from household members as much as possible.

- The duration of isolation depends on whether the individual is
  - Symptomatic or asymptomatic; or
  - Immunocompromised.
Isolation for Symptomatic Individuals

People who have, or develop, symptoms should isolate at home for at least 5 days from when symptoms first appeared, and wear a well-fitting mask for 5 more days, if

- They are fever-free for at least 24 hours without use of fever-reducing medicine; and
- Other COVID-19 symptoms have improved or are improving.
  - Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

*Assuming that symptomatic criteria are met.*

cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html
Isolation for **Asymptomatic Individuals**

People who don’t have symptoms and test positive for COVID-19 should isolate at home for **at least 5 days** from the date they were tested, and wear a well-fitting mask for **5 more days**.

- If symptoms develop during isolation, follow guidance for isolation for symptomatic individuals on Slide 19.

**February 3**
Asymptomatic test (Day 0)

**February 5**
Positive test results

**February 8**
Last day of isolation (Day 5)

**February 9**
Return to normal activities and wear a well-fitting mask for 5 more days.

Isolation Guidance – Overall

• People with COVID-19 should isolate at home while wearing a well-fitting mask at least 5 days from symptom onset/date of testing, and then

  • People who don’t have symptoms or their symptoms are improved/improving after 5 days may end isolation and wear a well-fitting mask for 5 more days (Day 6-10) at home and around others; or
  
    • If masks are unable to be worn, people should isolate for 10 full days.

  • People whose symptoms aren’t resolved after 5 days should continue to isolate at home until their symptoms are improving and they’ve been fever-free for 24 hours. They should wear a well-fitting mask for a total of 10 days from symptom onset, including after they’ve left isolation at home.
Isolation Guidance – Immunocompromised

People who are severely ill with COVID-19, including those who were hospitalized or required intensive care or ventilation support, and people with compromised immune systems might need to isolate at home longer.

- CDC recommends an isolation period of at least 10, and up to 20 days, for people who were severely ill with COVID-19 and for people with weakened immune systems.
  - Consult with your healthcare provider about when you can resume being around other people.

- People who are immunocompromised should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures including
  - Wearing a well-fitting mask, staying 6 feet apart from others they don’t live with, and avoiding crowds and poorly ventilated indoor spaces until advised otherwise by their healthcare provider.
  - Close contacts of immunocompromised people should get all recommended COVID-19 vaccine and booster doses.
Close Contacts and Quarantine
Definition of Close Contact

Close contact is

• An individual who has been within six feet of an infected person (with or without a face mask) for 15 minutes or more in a 24-hour period in either an indoor or outdoor setting regardless of vaccination status:
  • i.e., three five-minute interactions during the day; or

• An individual who has had unprotected direct contact with secretions or excretions of a person with confirmed COVID-19 in either an indoor or outdoor setting:
  • i.e., an infected person coughed directly in someone’s face
**Definition of Close Contacts in Sports**

Close contacts in sports may be different and can depend on:

- **Physical closeness of players**
  - When playing most team sports, six feet of distance cannot be maintained; and
  - Athletes often have face-to-face contact with other players.

- **Level of intensity of activity**
  - Activities that are high intensity or require a high level of exertion (such as full competition) present a higher level of risk for getting and spreading COVID-19.

Proximity + Intensity = Increased Risk of Respiratory Droplets Transmission

(Close Contact without meeting the 15-minute mark)

cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html
Quarantine

• Quarantine is for individuals who have been exposed to a someone who has COVID-19.
  • Quarantine keeps someone who may have been exposed to the virus away from others.
  • These individuals must stay home and monitor for symptoms.
  • Last date of exposure is considered Day 0 for quarantine.
Quarantine Exemptions for Pre K-12 Students and Staff

People identified as close contacts are exempt from quarantine if they

- Are up-to-date on their vaccines (Find more information on Slide 28);

- Have tested positive for COVID-19 in the past 90 days;

- Meet all criteria for the Pre K-12 Close Contact Quarantine Exception (Find details on Slide 30);

- Are Pre K-12 students or staff and the exposure happened during outdoor recess at school; or

- Were exposed on Pre K-12 school bus and windows were open, everyone wore face masks, and both the driver and at least one additional adult were present to confirm proper mask use and open windows.
Pre K-12 Student Close Contact Exception

• A Pre K-12 student exposed to another Pre K-12 student infected with COVID-19 doesn’t need to quarantine if all of the following are true:
  • Both the infected person and exposed close contact are Pre K-12 students;
  • The exposure occurred in an indoor Pre K-12 classroom or structured outdoor pre K-12 setting where mask use can be observed.
  • Both the exposed close contact student and the infected student wore face masks at all times during the close contact exposure; and
  • At least three feet of physical distance was maintained at all times during the exposure.

• This exception does not apply to teachers, staff, or other adults.
People are up to date with COVID-19 vaccination if they are

- Age 18 or older and have received all recommended vaccine doses, including boosters;
- Age 5 to 17 and have completed the two-dose Pfizer vaccine primary series; or
- People age 5 and older who are moderately or severe immunocompromised and have received an additional dose as part of the primary vaccine series.

People who ARE up to date with COVID-19 vaccination are exempt from quarantine if they don’t have symptoms.

We also recommend that they

- Take additional precautions by wearing a well-fitting mask when around others at home and in person and
  - Avoid people who are immunocompromised or at high risk for severe disease, nursing homes, and other high-risk settings;
  - If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19;
  - Avoid travel for 10 days; and
  - Watch for fever (100.4 °F or greater), cough, shortness of breath, or other COVID-19 symptoms.
People Who Are **NOT** Up to Date with COVID-19 Vaccine

All people who aren’t **up to date with COVID-19 vaccination** must quarantine for at least 5 days, and wear a well-fitting mask for 5 more days; and

- If unable to wear a well-fitting mask, they must quarantine for 10 days.
- Get tested on day 5 or later if possible; and
- Take additional precautions by wearing a well-fitting mask when around others at home and in person and
  - Avoid people who are immunocompromised or at high risk for severe disease, nursing homes, and other high-risk settings;
  - If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19;
  - Avoid travel for 10 days; and
  - Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.

** If symptoms develop, stay home and get tested.**
People Who Are Immunocompromised

People are not up to date with COVID-19 vaccination if they have not started and completed a primary vaccine series, received a recommended booster dose, and received any recommended additional primary dose.

People who aren’t up to date with COVID-19 vaccination must quarantine for at least 5 days and

- Continue to wear a well-fitting mask for 5 additional days after quarantine; and
  - If unable to wear a well-fitting mask, they must quarantine for 10 days.
- Get tested on day 5 or later if possible,
- If symptoms develop, stay home and get tested.
- Take additional precautions by wearing a well-fitting mask when around others at home and in person and
  - Avoid people who are immunocompromised or at high risk for severe disease, nursing homes, and other high-risk settings;
  - If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19;
  - Avoid travel for 10 days; and
  - Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.

People who aren’t up to date with COVID-19 vaccination are also:

- Avoid travel for 10 days; and
- Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.
New CDC Quarantine Guidance

• CDC and RIDOH now recommend a 5-day quarantine from the last day of exposure to an infected individual and
  • Continue to wear a high-quality, well-fitting mask for 5 additional days.
  • If possible, get tested on day 5.
• Schools maintain the ability to implement a stricter quarantine policy. Find more options in the appendix.
Calculating Quarantine

- **5-Day Quarantine**

  March 12
  Last day of exposure
  (Day 0)

  March 17
  Last day of quarantine
  (Day 5)

  March 18
  Resume normal activities, and wear a well-fitting mask for 5 more days.
  (Day 6)
Monitor to Stay Quarantine Program

Monitor to Stay is a modified quarantine strategy for students and staff who are unvaccinated/not up-to-date with vaccination and have been exposed to someone with COVID-19 outside their household.

Students and staff may attend school and participate in school-related extracurricular activities in person during their 5-day quarantine period if they

• Don’t have symptoms;
• Screen for all symptoms of COVID-19 daily and attest that they’re asymptomatic (using the school’s protocol); and
• Quarantine at home when they’re not at school and school-related extracurricular activities.

• If students or staff have/develop any one symptom of COVID-19, they aren’t eligible for the Monitor to Stay quarantine program and must stay home, isolate, and get tested.
• Once their symptoms are resolving and they’ve been fever-free for 24 hours, they can resume Monitor to Stay /return to school with a negative PCR test result.
Test to Stay Quarantine Program

- Schools planning to implement the Test to Stay quarantine program are strongly recommended to promote vaccination as the most effective, comprehensive, and long-term strategy to keep kids in school.

- The following steps are required in order to implement a Test to Stay program for eligible students
  1. Attend a Test to Stay information session. Contact back2school@ride.ri.gov in order to participate in an info session;
  2. Review the Test to Stay playbook [docs.google.com];
  3. Review, sign, and submit the TTS MOU [docs.google.com]; and
  4. Complete and submit TTS implementation plan.
Close Contacts in School FAQs

• If we are notified of a positive case during the school day, do we need to send the close contacts home immediately?

  • It is always preferable to quarantine close contacts as soon as possible. However, if it is not feasible to send the student home immediately, a close contact can remain in school, follow the normal dismissal process, and begin their quarantine when they get home.
Testing of Close Contacts FAQs

• Is testing during quarantine required?
  • Testing during quarantine is **recommended on day 5**. PCR or antigen tests may be used.

• What if the school requires testing before close contacts can return to school, and an individual is refusing testing?
  • If a school chooses to require testing before a close contact can return to school and an individual is refusing, the individual should quarantine for 5 days and continue to wear a well-fitting mask for an additional 5 days.
Testing of Close Contacts FAQs

• Why is RIDOH recommending testing for some students who were never on quarantine?
  
• RIDOH may recommend testing for the entire classroom or group due to the possibility of asymptomatic transmission in certain situations, such as
  
• An outbreak involving many cases and many close contacts within a large group of students/staff (e.g., classroom, grade, wing of a school, or sports team) or when there is increasing community or statewide spread of COVID-19.
Quarantine FAQs

For individuals who are not fully vaccinated and don’t meet any quarantine exemptions:

• If I am not on quarantine and I want to go for asymptomatic testing, do I need to quarantine while I wait for results?
  - No. If you are asymptomatic and get tested, you do NOT need to quarantine while you wait for results.
Quarantine FAQs

• If I get tested during quarantine and I’m positive, how long do I need to stay home?
  • If an individual on quarantine tests positive for COVID-19, the person must isolate for at least 5 days from symptom onset or 5 days from the date of the specimen collection if the person is asymptomatic, and wear a well-fitting mask for a total of 10 days.

• Do contacts of contacts need to quarantine?
  • No. Only close contacts of the person who was infectious need to quarantine because a contact of a contact cannot spread COVID-19.
School-Specific Quarantine FAQs

• Can I require my staff to quarantine for more than 5 days?
  • Yes, employers may require employees to quarantine for longer than the shortest quarantine option.

• Can I offer a shorter quarantine period for my staff but require students to wait for 10 days before returning to school?
  • Yes, you may have different policies for students and staff.
Isolation and Quarantine for Household Members
Isolation Within the Household

- A person in isolation is considered separated from others while in isolation within the household if:
  - The isolated person stays in the house but stays in their own bedroom at all times and uses a separate bathroom and does not share any common areas with others in the household.
  - If a separate bathroom is not available, special care should be taken to disinfect the shared bathroom in between each use. If the bathroom is disinfected between each use, the infected person is considered to be isolating within the household.
  - The isolated person stays in the house but on a completely separate floor or living area at all times (e.g., separate apartment within the house).
  - Either the isolated person or the other household members temporarily move out of the household while the case is in isolation.
Quarantine for Household Members Who CAN Separate from a Person in Isolation within the Household

- Household members who aren’t exempt should start their 5-day quarantine from the date of last exposure to the infected household member (called Day 0).

- Day 0 is the last day the household member and the infected household member shared living space;
  - Spent time together in the same rooms;
  - Were closer than six feet for more than 15 minutes or more during a 24-hour period.
Quarantine for Household Members Who **CANNOT** Separate from a Person in Isolation Within the Household

- Household members who **aren’t exempt** must quarantine while the infected individual is in isolation, then start their own 5-day quarantine
  - Last day of isolation for the case is the last day or exposure (Day 0) for the household members.
    - End of isolation is **5** days after symptom onset or swab date if asymptomatic, AND
    - Fever-free for 24 hours without fever-reducing medication, AND symptoms are resolving
    - If on day 5, the symptom criteria are not met, the case should continue to isolate.
  - **If possible, get tested on day 5; and**
  - **Continue to wear a high-quality, well-fitting mask for 5 additional days.**
Quarantine of Household Contacts with Ongoing Exposure

- If a household member has completed 5 days of isolation but still has symptoms, can I start my quarantine or do I need to wait until symptoms are completely gone?
  - As long as the case has been fever-free without using fever-reducing medicine for 24 hours and there has been an improvement in symptoms, the household members can begin their quarantine.
  - If symptoms have not yet improved, household members need to wait to begin their quarantine.
  - Last day of isolation would be the day symptom criteria are met
    - For example, symptoms are resolving on day 7, then day 7 would be the end of isolation and the household member would start quarantine on day 8.
COVID-19 Vaccination
COVID-19 Vaccine Quick Tips

• The COVID-19 vaccine is safe, highly effective against serious illness, and may prevent you from being infected with COVID-19.

• A person cannot get COVID-19 from COVID-19 vaccines.

• Because there still may be a chance you can become infected and spread the virus to others once you've gotten any COVID-19 vaccine, RIDOH recommends that everyone wear a mask indoors in Pre K-12 settings regardless of vaccination status.
  • Public K-12 schools are required to have a universal indoor masking policy in place for the start of the 2021-22 academic year.

• Please visit RIDOH’s website for other Frequently Asked Questions about the Vaccine COVID-19 Vaccine FAQs | RI COVID-19 Information Portal
10 Reasons Why it’s Important for School Aged Children to Get Vaccinated

• Kids will be exposed to COVID-19 at some point if they haven’t been already. COVID-19 vaccines help prevent kids from getting very sick, long-term complications, and death.

• Getting kids vaccinated helps protect everyone.

• Vaccines are predictable. COVID-19 is not.

• COVID-19 vaccines are safe.

• The side effects from the vaccine will likely be milder for kids than for adults.

• Vaccinated kids who are exposed to COVID-19 are less likely to have symptoms and won’t have to quarantine.

• Some schools may require vaccinations to attend or to participate in certain activities.

• Your family will feel more comfortable traveling and visiting with others around the holidays.

• COVID-19 shots often hurt less than the flu shot.

• It’s free, fast, and easy to find

Learn about the facts versus myths about pediatric vaccination [here](#).
COVID-19 Immunity

• How long does a person have immunity after infection with COVID-19?
  • Current evidence suggests that getting the virus again (reinfection) is uncommon in the 90 days after the first infection with the virus that causes COVID-19.
  • The protection someone gains from having an infection (called “natural immunity”) varies depending on the disease, and it varies from person to person. Because this virus is new, we don’t know if natural immunity might last longer than 90 days in certain individuals.

cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
Everyone Age 12 or Older should get a Booster Dose

- A booster dose is a dose of vaccine given to someone who has built up protection after vaccination, but that protection is decreasing over time.

- Booster doses help increase the body’s ability to fight off infection and reduce the chance of serious illness if you do become infected.

- Everyone age 12 and older should get a booster dose in order to be up to date on their COVID-19 vaccination.
People Who Are Immunocompromised

- People who are immunocompromised are especially vulnerable to COVID-19.
  - After completing the primary series, some moderately or severely immunocompromised people should get an additional primary shot.
- People are considered to be moderately or severely immunocompromised if they have:
  - Been receiving active cancer treatment for tumors or cancers of the blood
  - Received an organ transplant and are taking medicine to suppress the immune system
  - Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
  - Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
  - Advanced or untreated HIV infection
  - Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response
- People should talk to their healthcare provider about their medical condition, and whether getting an additional primary shot is appropriate for them.
Mix and Match Booster Dose

• Mix and Match Boosters:
  • Eligible individuals may choose which vaccine they receive as a booster dose.
  • Some people may prefer the vaccine type that they originally received and others, may prefer to get a different booster.
  • CDC’s recommendations now allow for this type of mix and match dosing for booster shots.
Frequently Asked Questions About Vaccination

I’m scheduled to get vaccinated but I’m on isolation. Can I leave isolation to go to my vaccination appointment?

• No. You cannot get your vaccination (dose one, dose two, or booster shot) while in isolation, even if you are asymptomatic. You must reschedule your appointment for a time after you have completed isolation.

I got vaccinated for COVID-19 and now I have symptoms. What do I do?

• People are likely to experience symptoms after receiving a COVID-19 vaccine. This means the immune system is working. This is healthy, normal, and expected.
  • You may experience a sore arm, headache, fever, or body aches, but they should go away in a few days.
  • The vaccine will not cause other COVID-19-related symptoms such as congestion, loss of taste or smell, etc.
• If you have any symptoms of COVID-19 following vaccination, stay home, call a healthcare provider, and get tested.
Vaccination FAQs Continued

• Can I get vaccinated while in quarantine?
  • No, you cannot get your shots while in quarantine. You must reschedule your appointment for a time after you are done with quarantine.

• If I am fully vaccinated (14 days after the last dose of vaccine), do I need to participate in asymptomatic testing?
  • Those who are fully vaccinated are exempt from asymptomatic screening testing unless required by RIDOH regulation or employer or school policy.
### Exemptions for Individuals Up to Date with Vaccination

<table>
<thead>
<tr>
<th>Exemptions and Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Quarantine for close contacts</strong></td>
</tr>
<tr>
<td>Exempt.</td>
</tr>
<tr>
<td>Test on Day 5 after exposure <strong>recommended</strong>.</td>
</tr>
<tr>
<td>Monitor for symptoms for <strong>10</strong> days after exposure.</td>
</tr>
<tr>
<td>Wear a well-fitting mask in public indoor settings <strong>for 10 days</strong>.</td>
</tr>
<tr>
<td><strong>Quarantine recommendations for travel, domestic, or international</strong></td>
</tr>
<tr>
<td>Exempt from the recommendations.</td>
</tr>
<tr>
<td>Test on Day 3 to 5 after travel.</td>
</tr>
<tr>
<td>Monitor for symptoms for <strong>10 days</strong> after return from travel.</td>
</tr>
<tr>
<td><strong>Asymptomatic screening</strong></td>
</tr>
<tr>
<td>Not required, but may take part if desired.</td>
</tr>
<tr>
<td><strong>Eligible populations</strong></td>
</tr>
<tr>
<td>All individuals up to date with vaccination except hospitalized patients and long-term care residents.</td>
</tr>
</tbody>
</table>
Previously Infected with COVID-19
Quarantine Exemption for Persons Previously Infected with COVID-19

• If a person has tested positive for COVID-19 within the last 90 days, they 
  **do not need to:**
  • Quarantine if identified as a close contact to a case (even if the close contact is a household member);
  • Quarantine after travel; or
  • Participate in asymptomatic screening testing for sports or school. They are exempt from such testing.

• **90-day calculation:**
  • If symptomatic, then start the 90-day count from the day of symptom onset (Day 0).
  • If asymptomatic, then start the 90-day count from the day of specimen collection (Day 0).
## Quarantine Exemption if Positive for COVID-19 within 90 Days

<table>
<thead>
<tr>
<th>Category</th>
<th>Exemptions and Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarantine for close contacts</td>
<td>Exempt. Monitor for symptoms for 10 days after exposure.</td>
</tr>
<tr>
<td>Quarantine recommendations for travel</td>
<td>Exempt. Monitor for symptoms for 10 days after exposure/travel.</td>
</tr>
<tr>
<td>(domestic or international)</td>
<td></td>
</tr>
<tr>
<td>Asymptomatic screening</td>
<td>Not recommended within 90 days of infection</td>
</tr>
<tr>
<td>Eligible populations</td>
<td>All individuals</td>
</tr>
</tbody>
</table>

1/10/2022
Previously Ill with COVID-19-like Symptoms but Not Tested

- **Scenario:** An individual was previously ill with COVID-19-like symptoms but was not tested. Household members were positive. When getting tested for sports, the individual tested positive but stated it was from past infection.

  - Does this individual need to isolate now since there is no record of a positive test result or a probable report to the school nurse?

  - Assessed on a case-by-case basis in consultation with RIDOH.

- Avoid this situation by getting tested when you have symptoms of COVID-19.

- **Individuals who were previously ill with COVID-19-like symptoms but were not tested, would not qualify for the 90-day quarantine exemption.**
Symptomatic Within 90 Days of Testing Positive for COVID-19

- For persons who develop new symptoms consistent with COVID-19 within 90 days after COVID-19 infection, get a medical evaluation by a professional healthcare provider who can:
  - Evaluate for other possible diagnoses; and
  - Evaluate for possible exposure to COVID-19 in the past 14 days (e.g., travel, large gatherings, or events, household or other close contacts with suspected or confirmed COVID-19, occupational risk/healthcare workers, public safety, and recent workplace cases).

- If no other plausible diagnosis by a healthcare provider, the recommendations may include treating it as a new COVID-19 infection, isolating the symptomatic person, and quarantining close contacts.
Mask Mandate
Statewide Masking Law for Public K-12 Schools

• As of August 19, 2021, via Executive Order and State Regulation all public K-12 schools are required to have a universal indoor mask requirement in place at the start of the 2021-2022 academic year.
  • Schools without a requirement in place must follow the RIDOH Policy to establish one.

• The State is requiring that schools ensure all teachers, staff, students, and visitors to K-12 schools wear a mask indoors, even fully vaccinated people.

• Masks should be worn in all K-12 facilities at all times, regardless of whether school is in session, including for
  • School committee meetings; and
  • Professional days when students are not present.
# Statewide Masking Law for Indoor Establishments

Effective December 20, all Rhode Island organizations must require people to wear masks indoors or, under certain conditions, require proof of vaccination. Organizations must post signage and enforce the requirements.

<table>
<thead>
<tr>
<th>Indoor Public-Facing - 250+</th>
<th>Indoor Public-Facing - Less Than 250</th>
<th>Office-based/Private/Public Employers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor public venues with capacity of 250 or more people must</td>
<td>Indoor public venues with capacity of less than 250 people must</td>
<td>Office-based and other public and private employers must</td>
</tr>
<tr>
<td>✓ Require everyone to wear masks indoors;</td>
<td>✓ Require everyone to wear masks indoors unless they’re fully vaccinated;</td>
<td>✓ Require everyone to wear masks indoors unless they’re fully vaccinated;</td>
</tr>
<tr>
<td>✓ Post signage about mask requirements; and</td>
<td>✓ Post signage about mask and/or vaccination requirements; and</td>
<td>✓ Post signage about mask and/or vaccination requirements; and</td>
</tr>
<tr>
<td>✓ Enforce the mask policy.</td>
<td>✓ Enforce the mask and/or vaccination policy.</td>
<td>✓ Enforce the mask and/or vaccination policy.</td>
</tr>
</tbody>
</table>

Find more information about the masking and vaccination order with frequently asked questions.
Testing for COVID-19
## Tips for a Successful School-based Testing Program

### MAXIMIZE PARTICIPATION

- Educate families and staff about the importance of testing
  - Distribute information materials of test, internal communications, playbooks, etc.
- Be proactive with community messaging
  - Share information about your testing plan and why it is important with your students and families on a regular basis.
  - Consider incentives to encourage people to opt in for testing.

### PREPARE

- Educate multiple staff members on process
  - What if a team member is out/unavailable for a testing event?
- Walk through process with all involved staff prior to testing day.
  - Check PPE, testing materials. Does everyone understand protocols?
- Time Management Plan
  - Rehearse some contingencies- late arrivals, technical challenges, PPE changes
  - Tools to mark, time antigen tests

### TESTING DAY

- Ensure staff and students adhere to health and safety protocols (especially in a centralized testing space)
- Improvise as problems arise
  - Did we miss the window of time to read an accurate result?
- Designate a staff member responsible for results monitoring in real time, and reporting to RIDOH
  - Antigen tests- report to RIDOH
  - Track test numbers and results
Pre K-12 COVID-19 Test Scheduling Service

Schedule online at portal.ri.gov or call 401-222-8022.

- Hours as of October 26
  - Weekdays, 8:30 a.m. to 7 p.m.
  - Weekends, 8:30 a.m. to 4:30 p.m.

Who can be scheduled for a test through this service?

- Anyone associated with Pre K-12 (students, staff, coaches, etc.) and child care who is
  - Symptomatic; or
  - A close contact of a person who tested positive for COVID-19; or
  - A classmate of a person who tested positive for COVID-19.

All tests offered at state-run community sites are FREE.

Find a Test site near you here:

docs.google.com/spreadsheets/d/1ZPU7c3QYweLDNa2TyCng_L5TC33CT_4xJrGEl_QrxSU/edit#gid=0
How Can I Access Test Results?

• If you were recently tested for COVID-19 in the State of Rhode Island, you can access a record of your test result at portal.ri.gov/results.

• What you must have to access your test results
  • Name (as provided to the appointment line or portal)
  • Date of birth; and
  • Date of testing appointment.

• Note: You need to include a valid cell phone number or email address when you schedule the appointment in order to access results in the portal.

• The COVID-19 Test Result Portal User Guide is available if you need assistance.
## Which Type of Test Is Recommended in Each Scenario?

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Type of Negative Test Result Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual who has symptoms of COVID-19 and would like to return to school after illness</td>
<td>PCR is recommended. However, an antigen may be accepted if a PCR cannot be obtained.</td>
</tr>
</tbody>
</table>
For Test Results, “a Positive Is a Positive”

• Individuals with a positive antigen, PCR, or at-home self-administered test
  • What does the individual do now?
    • Completes at least 5 days of isolation.
  • What do the household members do now?
    • Complete quarantine according to the guidance for household members.
  • What does the school do?
    • Excludes the positive individual from school until they are released from isolation.
    • Excludes household members from school until end of quarantine.
    • Identifies close contacts in the school setting and excludes from school for the duration of quarantine.
Self-tests
Use of COVID-19 Self-Tests

Self-tests should be used to help assess and reduce risk rather than as tools to diagnose COVID-19.

- Self-tests may be useful in certain scenarios, such as:
  - Before indoor gatherings, particularly with those at higher risk of illness;
  - When symptomatic and unable to get to a test site;
  - When possibly exposed to someone positive for COVID-19 and they’re unable to get to a test site; and
  - Before and after domestic travel if documentation of a negative test result is not required.

- Self-tests may NOT be used:
  - To meet international travel requirements to and/or from the US:
    - For outbound travel, check the destination country’s requirements.
    - Self-tests are only permitted for travel into the US only if the test has an online digital component where the swab is monitored and the test kit is monitored while awaiting and interpreting the result.
Positive Self-Test Results

• If your self-test result is **positive**, you **should**

  1. Self-isolate for **at least 5** days from symptom onset date if symptomatic or from test date if asymptomatic.
     • If symptomatic, you may consider getting a lab-processed PCR test in order to provide proof of infection and date. Otherwise, you may risk testing positive for weeks afterwards.

  2. Tell your close contacts that they should get tested; and

  3. Inform your healthcare provider about your positive test result and discuss treatment and emergency signs or symptoms.
     • If you think your positive test result may be incorrect, you could get a follow-up test at a State-run test site, pharmacy, or healthcare provider.

• Schools are NOT required to conduct contact tracing for positive self-test results; however, they may choose to do so.

* **Call 911** or go to the nearest hospital if you think you are having a medical emergency.
Negative Self-Test Results

• If you took the test while you had symptoms and followed all instructions carefully, a negative result means your current illness is probably not COVID-19.

• It is possible for someone who has COVID-19 to get a negative result on a self-test. This is called a false negative. You could also test negative if the specimen was collected too early in your infection period and could test positive later during your illness.

• If you think your self-test result may be incorrect, you should test yourself again within a few days, with at least 24 hours between tests. You can also get another test at a State-run test site, local pharmacy, respiratory clinic, or by a healthcare provider. You should consider getting tested again if:
  • You have symptoms and get a negative result on your self-test, or
  • You don’t have symptoms and get a positive result on your self-test.
Reporting and Follow-up of Self-Test Results

- **Self-test results do NOT need to be reported to RIDOH.**
  - However, RIDOH has developed a self-test reporting portal for those who choose to report their positive self-test results: portal.ri.gov/covidtestresults.

- **RIDOH will not** conduct case investigation and contact tracing based on self-reported positive results from self-tests.

- **RIDOH will not** provide a letter for missed work or school due to isolation based on a positive self-test result. **If a letter is required, get another test at a testing site or by a healthcare provider.**

- **RIDOH will not** provide documentation of infection within the past 90 days based on a positive self-test result.

- **Individuals who are isolating or quarantining based on the result of a positive self-test who need assistance or support during can call 401-222-8022 to request services.**
Reporting Antigen Test Results for Academic Year 2021-22

- Report the results of all Point of Care (POC) or antigen tests (enter positive, negative, and invalid results for all) using the RIDOH Point of Care Results Reporting Portal at portal.ri.gov/reportcovidresult. Do not enter self-tests.

- Report all testing and consent-related information on a weekly basis to RIDOH POCs: ridoh.covid19K12testing@health.ri.gov and back2school@ride.ri.gov

When entering results in the portal for an individual with a positive antigen test result, select Antigen Positive—Pending PCR for test type.
Executive Order Update

- Close contacts on a school bus do not need to quarantine if all of the following are true:
  - Windows are open at all times.
    - At least two windows on opposite sides of the bus should be open.
    - RIDOH recommends that at least one of the open windows should be in the front and at least one in the middle of the bus. Ideally, one of the open windows is located between the midpoint and the third window from the back. The open windows shouldn’t be in the back of the bus.
    - The windows at the very back of the bus shouldn’t be opened because it might pull exhaust fumes into the bus.
  - Masks are worn at all times.
  - One adult is present on the bus to confirm compliance with masking and open windows in addition to the driver.
Bus Quarantine Guidance—Student Tests Positive

• Close contacts are those who sat within six feet of the infected person.

• If it is a small bus, then call RIDOH for consult.

• If the ride is shorter than 15 minutes, evaluate on a case-by-case basis:
  • May have close contact getting on/off the bus.
  • May be a long ride that day because of traffic or an accident.

Note: Disregard this guidance if the close contacts meet the criteria for exemption.
### Bus Quarantine Guidance

**Scenario #1**

<table>
<thead>
<tr>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
<tr>
<td>Red</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
<tr>
<td>Red</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
<tr>
<td>Yellow</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
</tbody>
</table>

**Scenario #2**

<table>
<thead>
<tr>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
<tr>
<td>Red</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
<tr>
<td>Red</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
<tr>
<td>Yellow</td>
<td>Red</td>
<td>Red</td>
<td>Red</td>
</tr>
</tbody>
</table>

**Key:**
- Red = quarantine
- Yellow = COVID positive individual
- Green = no quarantine
### Scenario #3

<table>
<thead>
<tr>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
</tr>
</thead>
</table>

### Scenario #4

<table>
<thead>
<tr>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
<th>Aisle</th>
</tr>
</thead>
</table>

### Key:
- Red = quarantine
- Yellow = COVID positive individual
- Green = no quarantine
## Bus Quarantine Guidance-continued

### Scenario #5

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th>COVID-19+</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Scenario #6

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th>COVID-19+</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Key:
- Red=quarantine
- Yellow=COVID positive individual
- Green=no quarantine
Bus Quarantine Guidance—Driver Tests Positive

• What happens if a bus driver tests positive for COVID-19?
  • Close contacts are those who sat within two rows of the driver. Quarantine is for those who sat two rows behind on both sides of the aisle.
  • Make sure that bus seating charts are up to date and easily accessible for RIDOH CI/CT purposes.
    • All passengers on the bus would need to quarantine if a seating chart is not available.

Note: Disregard this guidance if the close contacts meet the criteria for exemption.
Planning Pre K-12 School Events

Schools must follow all current State requirements for events that are held indoors. Please refer to the latest state requirements found here

- All attendees should be pre-screened for COVID-19 symptoms, at the door, before entry to the event.

- Schools are encouraged to use touchless registration and pre-screening through digital ticket sales and pre-screening programs.

- Schools should plan for conveniently placed sanitation stations (e.g., at entry/exit points, high-touch areas, and/or each table).

- Testing prior to the event is strongly recommended. Schools may choose to accept a PCR test result, a rapid antigen test result, or both types equally. Proof of vaccination is acceptable instead of testing.

- Take it outside: As long as weather permits, schools should plan for events to take place outdoors as much as possible.
Guidance for Sports
Sports Come With an Inherent Risk of Exposure to COVID-19

• Parents, students, and coaches should understand the risk.

• High contact sports, like wrestling, hockey, soccer, and football confer a higher risk for transmission.

• Indoor sports confer a higher risk of transmission than outdoor sports.
Best Practices in Sports

• Promote vaccination and getting boosters as the best strategy to combat COVID-19 illness and disruptions.

• Maintain consistent isolation/quarantine practices throughout the season.
  • RIDOH will NOT make exceptions for players to be exempt from isolation/quarantine during championship games.

• Ensure all involved individuals (e.g., athletes, parents, coaches, etc.) understand procedures for isolation and quarantine.

• Maintain consistent and efficient procedures and don’t implement exceptions.

• Utilize a testing program for higher risk sports such as wrestling, hockey, soccer, and football.
Guidance for Keeping Teams Safe

- Get vaccinated and get booster shots.
- Follow all the school-specific masking protocols.
- Physically distance whenever possible (i.e., spread out on the bench and practice in pods).
- Ask players to screen for symptoms before participating in practice/game.
- They should not participate if
  - They have any symptoms of COVID-19 (even if it’s only one symptom);
  - They are only mildly ill, and they feel well enough to play; or
  - They think their symptoms are due to allergies.
- There should be no penalty for missing practice/games if they are not feeling well.
- Recommend routine asymptomatic testing unless a player has tested positive in the past 90 days.
Symptom Screening in Sports

- All players, staff, coaches, officials, volunteers, and spectators should be screened for symptoms related to COVID-19 before beginning each activity or before entry into an indoor sports facility.
  - For students, this screening should be done in addition to any screening that was conducted at the beginning of the school day.
  - Any person showing signs of illness and any person who has been exposed to a person with COVID-19 must be excluded from participating/attending.
Testing in Sports

• Test prior to playing.

  • If schools require athletes to get tested prior to the beginning of the season, individuals who have had COVID-19 within the last 90 days and those who are up to date on vaccination should be exempt but are permitted to take part in testing if desired.

  • Documentation of vaccination or a positive COVID-19 test result within the last 90 days should be required instead.

  • RIDOH does not recommend testing within 90 days of having COVID-19 because the test result may remain positive for weeks/months after the initial positive test result, even though they are no longer contagious.

  • If an individual who has been diagnosed with COVID-19 within the past 90 days becomes symptomatic, refer to a healthcare provider for evaluation.
When a person is symptomatic and waiting for test results for COVID-19 or is a close contact waiting for test results,

- Coaches, staff, athletes, officials, and spectators should **not** attend games, practices, or any related sports activities while waiting for COVID-19 test results if they are symptomatic.
Masking in Sports

• Everyone is required to wear well-fitting masks which completely cover the nose and mouth when indoors, including
  • Athletes;
  • Coaches;
  • Officials;
  • Spectators; and
  • Essential/Non-essential staff.

• Masks must be worn by everyone in all spaces including, but not limited to,
  • Athletic facilities;
  • Training rooms; and
  • Locker rooms.
Physical Distancing in Sports

• At least three feet of physical distancing should be maintained between all players, coaches, and participants during practices and active play, when possible.

• When players, coaches, and participants are not engaged in active play (e.g., on the bench or on the sideline), a physical distance of three feet should be maintained.

• A minimum of six feet of physical distancing should be maintained between teams and any other individuals or groups within a facility.
Sports—Missing Practice/Games/Tryouts Because Symptomatic

- Athletes must **not** attend practices, games, or tryouts if they have *any* symptoms of COVID-19, even if the symptom(s) is mild and they feel well enough to play.

  - Athletes will **not** be penalized for missing tryouts, practices, or games due to COVID-19 symptoms.

  - Tryouts must be extended for symptomatic athletes in accordance with athletic department rules.
Travel Guidance
Travel Quarantine

• **Travel Quarantine:** While there is no law requiring quarantine after travel, RIDOH strongly recommends that schools following CDC guidance on travel quarantine as the best public health practice (details on the next slide).

  • For more information on these recommendations please visit [Travel Information for Residents and Visitors | RI COVID-19 Information Portal](#).

• The State strongly recommends a test 3 to 5 days after travel.

• Schools may choose to have a policy requiring quarantine after travel as the best public health practice for their students and staff for unvaccinated individuals.
Appendix
Quarantine Options

Other quarantine options:

• **7 days** from the last day they were in contact with the infected individual if they get a negative PCR or antigen test result on day 5 or later. Continue to watch for symptoms through day 14.

• **10 days** from the last day they were in contact with the infected individual. Continue to watch for symptoms through day 14.

• **14 days** from the last day they were in contact with the infected individual. Safest option but more disruptive.

• RIDOH **does not** decide which option(s) each school/LEA chooses to implement.

• RIDOH **does** encourage schools to inform their community which option they have chosen to implement.

Note: Learn more about TTS quarantine protocol on the next slide
Calculating Quarantine Options-Continued

- **7 Day with Negative Test Quarantine Option**
  - March 12: Last day of exposure (Day 0)
  - March 17-19: Negative PCR or Antigen test result (Day 5 or after)
  - March 19: Last day of quarantine (Day 7)
  - March 20: Resume normal activities (Day 8)

- **14 Day Quarantine Option**
  - March 12: Last day of exposure (Day 0)
  - March 22: Last day of quarantine (Day 10)
  - March 23: Resume normal activities (Day 11)

- **10 Day Quarantine Option**
  - March 12: Last day of exposure (Day 0)
  - March 22: Last day of quarantine (Day 10)
  - March 23: Resume normal activities (Day 11)
School Quarantine Policies

- How can schools communicate to families why they chose to enforce the quarantine option they selected?
  - RIDOH playbook includes recommendations and guidance.
  - Shorter quarantine policies for close contacts and travelers come with increased risk of transmission of COVID-19 but are less disruptive to in-person learning.
  - Schools have discretion to implement more stringent policies.
  - Schools can determine the risk-benefit assessment that is best for their school community.
Calculating Quarantine Duration Options

• Need help determining end of quarantine dates?

• RIDOH has created a COVID-19 Close Contact Quarantine Calculator
  • Click this link, then scroll down and click on Key resources drop down to download the calculator.

  ![Key resources](image)
  - Quarantine Requirements Graphic
  - Quarantine FAQ
  - COVID-19 Quarantine Calculator
  - COVID-19 Quarantine and Isolation Guidance by Population
  - 10 Tips for at-Home Quarantine or Self-Monitoring
Overview: Antigen Tests Compared to PCR Tests

Antigen Tests: Detect COVID-19 antigens which appear in the early part of the disease when people are most infectious. (Levels of antigens shown in green to the left.)

PCR Tests: Polymerase chain reaction (PCR) tests detect the presence of the COVID-19 virus itself (and not the antigen response). PCR tests should be sent to a laboratory for analysis. (Levels of viral RNA shown in yellow and green to the left.)

Key difference: PCR tests can detect infections earlier and later than antigen tests. Antigen tests are good at identifying positive cases when they are most infectious and likely to spread the virus.
CDC Rationale for Shortened Quarantine Options

• **10-Day Quarantine without testing**
  - The post-quarantine transmission risk is approximately 1% (upper limit of 10%).
  - A negative test result at day 10 reduces the risk to approximately 0.3%.

• **7-Day Quarantine with negative test result on day 5**
  - The post-quarantine transmission risk is approximately 5%, (upper limit of about 12%).

[Source: cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html]
Glossary
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close contact</td>
<td>Being within six feet of an infected person (with or without a face mask) for a total of 15 minutes, in a 24-hour period or having unprotected direct contact with secretions or excretions of a person with confirmed COVID-19 during the infectious period in either an indoor or outdoor setting.</td>
</tr>
<tr>
<td>Community transmission</td>
<td>Occurs when individuals acquire COVID-19 through contact with someone in their local community, rather than through travel to an affected location.</td>
</tr>
<tr>
<td>Confirmed case</td>
<td>A person who has tested positive for SARS-CoV-2 infection (the virus that causes COVID-19).</td>
</tr>
<tr>
<td>Contact tracing</td>
<td>Process of identifying individuals who have had close contact (see definition above) with someone infected with COVID-19.</td>
</tr>
<tr>
<td>Consistent/Stable Group</td>
<td>A consistent group of students and staff who interacts with each other but not with members of other groups on a regular basis. Groups should be as small as possible, with maximum numbers outlined in the different reopening scenarios. When in a stable group, each group must physically distance themselves from each other and from other consistent groups.</td>
</tr>
</tbody>
</table>
## Glossary

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19</strong></td>
<td>Abbreviation for the disease caused by the novel coronavirus SARS CoV-2.</td>
</tr>
<tr>
<td><strong>Incubation period</strong></td>
<td>The time between exposure to an infection and the appearance of first symptoms. The virus that causes COVID-19 has an incubation period of two to 14 days.</td>
</tr>
<tr>
<td><strong>Infectious period</strong></td>
<td>Two days prior to testing (the date of the swabbing was conducted) until CDC criteria to discontinue isolation are met.</td>
</tr>
<tr>
<td><strong>Infectious period (asymptomatic cases)</strong></td>
<td>Two days before symptom onset until CDC criteria to discontinue isolation are met.</td>
</tr>
<tr>
<td><strong>Isolation</strong></td>
<td>Process of separating individuals who are infected with COVID-19 from others. Isolation lasts a minimum of:</td>
</tr>
<tr>
<td></td>
<td>• 10 days from symptom onset if symptomatic.</td>
</tr>
<tr>
<td></td>
<td>• 10 days from the date of specimen collection (test) is asymptomatic.</td>
</tr>
<tr>
<td></td>
<td>• 20 days for individuals with severely immunocompromising conditions.</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
</tr>
<tr>
<td>---------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Monitor to Stay</td>
<td>Modified quarantine protocol for students and staff who are unvaccinated/not up to date on vaccination which allows them to attend school and school-related extracurricular activities in person with daily symptom screening at attestation.</td>
</tr>
<tr>
<td>Quarantine</td>
<td>Process of separating and restricting the movement of individuals who were in close contact with someone who tested positive or had symptoms of COVID-19. Persons in quarantine should self-monitor for 14 days for symptoms and seek medical advice as needed. RIDOH recommends all close contacts of people with COVID-19 get tested on day 5 of quarantine or later.</td>
</tr>
<tr>
<td>Protocol</td>
<td>Recommended actions to follow if a probable or confirmed case of COVID-19 occurs.</td>
</tr>
<tr>
<td>RIDE</td>
<td>Rhode Island Department of Education</td>
</tr>
<tr>
<td>RIDOH</td>
<td>Rhode Island Department of Health</td>
</tr>
<tr>
<td>Screening</td>
<td>Assessing individuals for symptoms of COVID-19 verbally or via self/parent attestation. Temperature checks may be performed by the school if desired.</td>
</tr>
<tr>
<td>Symptomatic individual</td>
<td>A person who is experiencing one or more of the symptoms of COVID-19 as defined in CDC guidelines.</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
</tr>
<tr>
<td>------------------</td>
<td>----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Testing</td>
<td>Three types of tests are available to detect COVID-19: viral tests, antigen tests, and antibody tests.</td>
</tr>
<tr>
<td></td>
<td>• Viral tests and antigen tests indicate if you have a current infection. For viral tests there are two types: molecular tests, often referred to as PCR tests, and antigen tests</td>
</tr>
<tr>
<td></td>
<td>• Antibody tests indicate a previous infection.</td>
</tr>
<tr>
<td>Test to Stay</td>
<td>Modified quarantine program for students and staff in K-6 schools who are unvaccinated/not up to date on vaccinations which allows them to attend school and school-related activities in person with daily negative test results.</td>
</tr>
</tbody>
</table>