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Summary of Changes to the Playbook

Version 9.2 (June 24, 2022)

New

• Outbreak Management – Overview of reporting clusters to RIDOH, information about responding to students and staff with symptoms, and managing isolation and quarantine. (Slides 5-7)

• Graphic for all individuals about “7 tools for the protection against COVID-19”. (Slide 13)

Updated

• “COVID-19 Best Practice” – Overview of the strategies schools may consider implementing to protect against COVID-19 depending upon COVID-19 Community Level and for specific activities, such as sports. (Slides 9-12)

• Updating the language about isolation to must. (Slides 21-22)

• Updating quarantine exemptions. (Slide 25-26)

• Overview of how to get a COVID-19 test, including for people without insurance. (Slide 35)

• Updated vaccine information, including who should get a booster dose and when. (Slide 39)
Outbreak Management
Outbreak Detection and Reporting

Schools should ensure symptom screening, maintain testing programs, implement isolation and quarantine protocols, and notify RIDOH when there are outbreaks.

- Schools should email RIDOH when there is any cluster of COVID-19 cases at RIDOH.COVIDK12Questions@health.ri.gov and include the setting of the outbreak (i.e., grade, classroom, team, etc.) and the following specific case information for each case:
  - Full name of case;
  - Date of birth;
  - Symptom status and date of symptom onset;
  - Type of test (self-test at home, antigen, or PCR);
  - Date of specimen collection; and
  - Last day of school attended.

- An outbreak/cluster is 3 or more cases/10% of a group (e.g., classroom, grade, bus, team).
Responding to Students and Staff with Symptoms

COVID-19 symptom protocols should be included in existing school illness policies. Schools maintain the ability to choose the best COVID-19 symptom policy for their community.

- RIDOH recommends that students and staff who come to school with symptoms or develop symptoms while at school should:
  - Be asked to wear a well-fitting mask while in the building; and
  - Get tested for COVID-19 at school or sent home and encouraged to get tested.
    - If the test result is positive, isolate* and send students and staff home; or
    - If the test result is negative, use clinical judgment to decide how to respond to the symptoms in line with illness policies (e.g., students and staff who have fevers or are vomiting should be sent home).

* Schools should establish a flexible space which can be used for isolation when needed.
Managing Isolation and Quarantine

The Pre K-12 Quarantine and Isolation portal enables districts and schools to have real-time access to student/staff lab results and isolation dates. Staff can enter results from tests performed at school, and there is a contact tracing functionality.

- Districts/schools can add or change portal users or get support for technology issues by emailing ridoh.rcsadmin@health.ri.gov.
  - For general questions about the portal, email ridoh.covidk12questions@health.ri.gov.
- Schools should enter all positive and negative test results from testing administered at school.
  - Public schools will now find student records pre-loaded in the portal, so they can just enter test results.
- Individuals who must isolate or quarantine and need assistance or support can call 401-222-8022 to request services.
COVID-19 Best Practice

Prevention Strategies by COVID-19 Community Levels
## CDC-Informed Triggers for Assessing COVID-19 Community Risk Levels

COVID-19 Community Levels. Use the Highest Level that Applies to Your Community.

<table>
<thead>
<tr>
<th>COVID-19 Indicators</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fewer than 200 New COVID-19 Cases Per 100,000 people in the past 7 days</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New COVID-19 admissions per 100,000 population (7-day total)</td>
<td>&lt;10.0</td>
<td>10.0-19.9</td>
<td>≥20.0</td>
</tr>
<tr>
<td>Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)</td>
<td>&lt;10.0%</td>
<td>10.0-14.9%</td>
<td>≥15.0%</td>
</tr>
<tr>
<td><strong>200 or more New COVID-19 Cases Per 100,000 people in the past 7 days</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New COVID-19 admissions per 100,000 population (7-day total)</td>
<td>NA</td>
<td>&lt;10.0</td>
<td>≥10.0</td>
</tr>
<tr>
<td>Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)</td>
<td>NA</td>
<td>&lt;10.0%</td>
<td>≥10.0%</td>
</tr>
</tbody>
</table>
Schools should ensure strategies to promote hand hygiene, symptom monitoring, and staying home when sick are included in policies and protocols to effectively manage all infectious diseases. Schools should take extra steps to protect people who are immunocompromised. RIDOH recommends schools consider the following strategies when COVID-19 Community Level is:

<table>
<thead>
<tr>
<th>Low</th>
<th>Medium</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Promote staying up to date with COVID-19 vaccine;</td>
<td>- Promote staying up to date with COVID-19 vaccine;</td>
<td>- Promote staying up to date with COVID-19 vaccine;</td>
</tr>
<tr>
<td>- Optimize ventilation in schools and busses;</td>
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<td>- Optimize ventilation in schools and busses;</td>
</tr>
<tr>
<td>- Ensure sick policies include isolation and quarantine protocols;</td>
<td>- Maintain isolation and quarantine protocols, and</td>
<td>- Implement isolation and quarantine protocols, and</td>
</tr>
<tr>
<td>- Provide/plan to ensure access to testing including:</td>
<td>- Offer Monitor to Stay; and</td>
<td>- Offer Test to Stay.</td>
</tr>
<tr>
<td>- Symptomatic testing;</td>
<td>- Provide/plan to ensure access to testing including:</td>
<td>- Provide/plan to ensure access to testing, including:</td>
</tr>
<tr>
<td>- Testing contacts exposed at school; and</td>
<td>- Symptomatic testing;</td>
<td>- Symptomatic testing;</td>
</tr>
<tr>
<td>- Capacity to offer screening testing when at medium or high levels.</td>
<td>- Testing contacts exposed at school; and</td>
<td>- Testing contacts exposed at school; and</td>
</tr>
<tr>
<td>- Screening testing for high-risk activities such as indoor sports and extracurricular activities; returning from breaks; and those serving students who are at risk for getting very sick with COVID-19, such as those with moderate or severe immunocompromise or complex medical conditions.</td>
<td>- Screening testing for high-risk activities; and</td>
<td>- Screening testing for high-risk activities such as indoor sports and extracurricular activities; returning from breaks; and those serving students who are at risk for getting very sick with COVID-19, such as those with moderate or severe immunocompromise or complex medical conditions.</td>
</tr>
<tr>
<td>- Recommend universal indoor masking;</td>
<td>- Implement physical distancing and cohorting when possible; and</td>
<td>- Recommend universal indoor masking;</td>
</tr>
<tr>
<td>- Implement mitigation protocols for events.</td>
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</tbody>
</table>

* CDC recommends that people with symptoms, a positive test result, or exposure to COVID-19 should wear a mask.
School-based Quarantine Approaches for Close Contacts (Who Aren’t Exempt)

Schools have the flexibility to decide what strategies work best for their communities based on the COVID-19 Community Level. Schools may pivot to different strategies as conditions change.

RIDOH recommends that schools consider the following strategies when the COVID-19 Community Level is:

<table>
<thead>
<tr>
<th>Low</th>
<th>Medium</th>
<th>High or if a school identifies an outbreak*</th>
</tr>
</thead>
</table>
| Children and staff who aren’t symptomatic and weren’t exposed at home attend school and follow the **Monitor to Stay** protocol:  
  • Screen for symptoms for 5 days after date of exposure;  
  • Wear high-quality, well-fitting masks for 10 days; and  
  • Get tested on day 5, if possible. | Children and staff who aren’t symptomatic and weren’t exposed at home attend school and follow the **Test to Stay** protocol:  
  • Test negative, either:  
    • On days 2 and 5 after exposure; or  
    • Daily for 5 days after exposure; and  
  • Wear high-quality, well-fitting masks for 10 days. | ➢ This approach has greater risk of transmission but is easier to implement.  
➢ This approach has lower risk of transmission but requires more staff and testing resources. |

* An outbreak is defined as 3 or more cases or 10% of a group (e.g., classroom, grade, or bus).
Sports Come With an Inherent Risk of Exposure to COVID-19

RIDOH recommends schools consider using a testing program for higher-risk sports.

- Parents, students, and coaches should understand the risk associated with playing sports:
  - High-contact sports, like wrestling, hockey, soccer, and football have a higher risk of transmission.
  - Indoor sports have a higher risk of transmission than outdoor sports.
- Athletes should not attend practices, games, or tryouts if they have symptoms of COVID-19, even if the symptoms are mild and they feel well enough to play.
  - Athletes should not be penalized for missing tryouts, practices, or games due to COVID-19 symptoms, isolation, or quarantine.
  - Tryouts should be extended for symptomatic athletes or athletes on isolation/quarantine in accordance with athletic department rules.
COVID-19 spreads mainly through close contact with someone who is infected. People who are infected but don’t show symptoms can also spread the virus to others.

The best ways to prevent illness and death are to get vaccinated and avoid being exposed to the virus.

Find up-to-date information at covid.ri.gov.
COVID-19 Fundamentals

Symptoms, Isolation, Quarantine, Household, Testing, and Vaccination
COVID-19 Symptoms
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
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 individual has a **new additional COVID-19 symptom or sudden change or worsening** of runny nose, nasal congestion, or another symptom, then they should get tested.
- If the **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.
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.
Isolation

- **Isolation** is for the **ill** or **infected:**
  - Isolation separates individuals who are infected with COVID-19 from other people.
  - People in isolation must stay home and separate 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 must** isolate at home for at least 5 days from when symptoms first appeared, and wear a well-fitting mask from days 6-10, 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
- If a mask is unable to be worn, the individual **must** isolate at home for a full 10 days.

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**January 10**
Symptom onset (Day 0)

**January 11**
Tested

**January 13**
Positive test result

**January 15**
Last day of isolation (Day 5)*

**January 16**
Return to normal activities while wearing a well-fitting mask from days 6-10.

*People who develop **new symptoms consistent with COVID-19** within 90 days after COVID-19 infection should get a medical evaluation by a professional healthcare provider.*

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 **must** isolate at home for at least 5 days from the date they were tested and wear a well-fitting mask from days 6-10.

- If symptoms develop during isolation, follow guidance for isolation for symptomatic individuals on Slide 21.

- If the individual is unable to wear a mask, they **must** isolate at home for a full 10 days.

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cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html

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 while wearing a well-fitting mask from days 6-10.
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 Contacts and Quarantine

Close contact

- 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.

Quarantine

- Quarantine is a strategy to keep close contacts away from others to limit the risk of spread.
  - Close contacts who are exempt from quarantine (more information on slide 26) should monitor for COVID-19 symptoms and wear a well-fitting mask around others for 10 days.
Quarantine Guidance

CDC and RIDOH recommend that people quarantine at home for at least 5 days from the last day of exposure to someone with COVID-19, and wear a high-quality, well-fitting mask on days 6-10. Schools may choose to implement a stricter quarantine policy.

- **5-Day Quarantine**

  - Close contacts are exempt from quarantine if they
    - Are up-to-date with their COVID-19 vaccines;
    - Are students age 5-17 who completed the primary vaccine series; or
    - Have tested positive for COVID-19 in the past 90 days.

  - Individuals exempt from quarantine should wear a mask for 10 full days after exposure.

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 from days 6-10. (Day 6)
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.
People Who Are NOT Up to Date with COVID-19 Vaccines

All people who aren’t up to date with COVID-19 vaccines may be directed to quarantine for at least 5 days, wear a well-fitting mask from days 6-10, and get tested on day 5 when possible.

- They should also take extra steps to protect others by wearing a well-fitting mask around others at home and:
  - Avoid people who are immunocompromised or at high risk for severe disease, nursing homes, and other high-risk settings;
  - If possible, limit the time you’re close to 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 they are unable to wear a well-fitting mask, they should quarantine at home for 10 days.
Monitor to Stay Quarantine Protocol

Monitor to Stay is a modified quarantine strategy for students and staff who are unvaccinated/not up to date with their COVID-19 vaccines, don’t have symptoms, 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 quarantine if they:

• **Screen for all symptoms of COVID-19** daily and attest that they’re asymptomatic (using the school’s protocol);

• **Wear a well-fitting mask at school for 10 days**; and

• **Quarantine at home** when they’re not at school and school-related extracurricular activities.

* If students or staff have/develop symptoms of COVID-19, they should 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 test result.

* If students or staff are unable to wear a mask, they shouldn’t participate in the Monitor to Stay program.
Test to Stay Quarantine Protocol

Test to Stay is a modified quarantine strategy for students and staff who are unvaccinated/not up-to-date with their COVID-19 vaccines, don’t have symptoms, 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 quarantine if they:
  • Don’t have symptoms;
  • Get a negative COVID-19 test result (using the school’s protocol) for up to 5 days after exposure;
  • Wear a well-fitting mask at school for 10 days; and
  • Quarantine at home when they’re not at school and school-related extracurricular activities.

• If students or staff test positive, they must isolate at home and follow isolation guidance.

• If students or staff have/develop any symptoms of COVID-19, they should stay home, isolate, and get tested.

• If students or staff are unable to wear a mask, they shouldn’t participate in the Test to Stay program.
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 (i.e., 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 Contacts

<table>
<thead>
<tr>
<th>Quarantine for household contacts who CANNOT separate</th>
<th>Quarantine for household contacts who CAN separate</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Household members who <strong>aren't exempt from quarantine</strong> should stay home while the infected individual is in isolation, then start quarantine:</td>
<td>• Household members who aren't exempt from quarantine should start their 5-day quarantine from the date of last exposure to the infected household member (called Day 0).</td>
</tr>
<tr>
<td>• Last day of isolation for the case is the last day or exposure (Day 0) for the household members.</td>
<td>• Day 0 is the last day the household member and the infected household member shared living space;</td>
</tr>
<tr>
<td>• End of isolation is 5 days after symptom onset or swab date if asymptomatic, AND</td>
<td>• Spent time together in the same rooms; and</td>
</tr>
<tr>
<td>• Fever-free for 24 hours without fever-reducing medication, AND symptoms are resolving.</td>
<td>• Were closer than six feet for more than 15 minutes or more during a 24-hour period.</td>
</tr>
<tr>
<td>• If on day 5, the symptom criteria are not met, the case should continue to isolate.</td>
<td></td>
</tr>
<tr>
<td>• Wear a high-quality, well-fitting mask for 10 days; and</td>
<td></td>
</tr>
<tr>
<td>• Get tested on day 5, if possible.</td>
<td></td>
</tr>
</tbody>
</table>
Testing for COVID-19
How to Access COVID-19 Testing

There are many ways to get a COVID-19 test. Find the location most convenient for you at covid.ri.gov/testing.

School communities are encouraged to get tested as needed through:

- A school nurse, healthcare provider, primary care provider, or pediatrician;
- Respiratory Clinics or Urgent Care Centers;
- Retail Pharmacies (e.g., CVS, Walgreens);
- **Self-test kits** are available at local pharmacies, online retailers, from the federal government, and some schools:
  - Private health insurers are required to cover the cost of up to eight tests per month; and
  - **Everyone can order free test kits online monthly** by visiting covidtests.gov.
- **There are places in Rhode Island that offer free testing for people who don’t have insurance.** Federal programs, like the Increased Community Access to Testing (ICATT) Program or the Test to Treat Program, offer free testing for everyone.
Reporting Test Results

Individuals

• Find more information about what to do when using a self-test at home at portal.ri.gov/s/self-test.

Schools

• 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 results.

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

• If you were tested at a medical office, retail pharmacy, your workplace, or in school, contact the location where you were tested for a copy of your result if you cannot access your results through the portal.
COVID-19 Vaccination
COVID-19 vaccines, including boosters, are recommended for everyone age 6 months and older. For some groups of people, second boosters are also authorized and recommended.

- Everyone should stay up to date with their COVID-19 vaccines. This means getting all recommended COVID-19 vaccines, including a booster dose when eligible:
  - Find COVID-19 vaccine recommendations by age in this chart.
  - Find COVID-19 vaccine recommendations for people who have weakened immune systems in this chart.
- Please visit RIDOH’s website for other COVID-19 Vaccine Frequently Asked Questions.
Vaccine Operations

As of July 1, COVID-19 vaccinations are integrating into traditional channels, including primary care health-settings (pediatricians, federally qualified health centers, etc.) and school-based immunization programs.

- RIDOH’s Office of Immunization encourages schools to support COVID-19 vaccination in conjunction with students’ regularly submitted vaccine schedules, including requiring documentation.

- People who want to get vaccinated or boosted should call their healthcare providers or use other options available at C19VaccineRI.org, such as retail pharmacies, and Vaccines.gov.
  - Most healthcare providers including federally qualified health centers will be prepared to offer COVID-19 vaccinations to children 6 mos. to 18 years beginning in late June 2022.
  - Most pharmacies will be prepared to vaccinate children as young as 3.
  - CVS Minute Clinics will vaccinate children as young as 18 mos. (Likely by June 27th).

- Community partners, including schools, who want to hold vaccination clinics can email RIDOH’s Office of Immunization at RIDOH.C19VaxClinics@health.ri.gov

For more information about COVID-19 vaccine in Rhode Island, visit C19VaccineRI.org.