

Student Name: _____

Date: ___/___/___

COVID-19 Exposure Notification for Parents and Guardians

Your student may have been exposed to someone diagnosed with or suspected to have COVID-19.

Date of exposure: _____ Return to school date: _____

The Centers for Disease Prevention and Control (CDC) defines a close contact as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.

In the K-12 indoor classroom setting, the class contact definition excludes students who were within 3 to 6 feet of an infected student where

- Both students were engaged in consistent and correct use of well-fitting masks; and
- Other K-12 school prevention strategies (such as universal and correct mask use, physical distancing, increased ventilation) were in place in the K-12 setting.

Except in certain circumstances, people who have been in close contact with someone who has COVID-19 should stay home. However, the following people with recent exposure may NOT need to stay home:

- People who have been fully vaccinated.
- People who were previously diagnosed with COVID-19 within the last three months

If your student does not meet the exception noted above for K-12 schools, or has not been vaccinated or has not been previously diagnosed with COVID-19 in the last three months:

- Your student should stay at home. The COVID-19 incubation period and the ideal time period to remain at home continues to be 14 days after the last exposure to a case. However, if 14 days is not practical, 10 days is acceptable if the following conditions are met:
 - Continue to monitor for symptoms daily through day 14.
 - If any one of the following symptoms are observed, isolate immediately and seek testing: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new taste or smell disorder, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
 - Wear a mask, stay at least 6 feet from others, avoid crowds, wash hands frequently, and take other steps to prevent the spread of COVID-19 in case it is infectious without symptoms.
- If your student becomes symptomatic during this time, have them evaluated by their healthcare provider/doctor and report the outcome to the school nurse. Cases (includes symptomatic close contacts):
 - Must be isolated for at least 10 days after symptoms first appeared and
 - At least 24 hours fever free (without the use of fever-reducing medications) and
 - Other symptoms have improved.