

Isolation/Quarantine Guidance (updated Dec. 30, 2021)

The Ohio Department of Health announced on Dec. 30, 2021 that it has updated guidelines for isolation and quarantine to align with recommendations from the Centers for Disease Control for a shortened isolation/quarantine period for those with a positive test result, and for those who have been exposed to COVID-19.

Under the new guidelines, asymptomatic and symptomatic individuals COVID-19 positive must home isolate for 5 days. The CDC also notes that under these new guidelines the 5 days of isolation must be followed by 5 days of mask-wearing when around others or in public.

What to do if you have COVID-19 (regardless of symptoms or vaccination status):

- Stay home for 5 days from onset of strong symptoms or 5 days from positive test date if you were asymptomatic.
- Isolate away from people (including members of your own household).
- If on day 6 your symptoms are not improving or fever, stay home until the fever is gone and other symptoms are improving.
- If symptoms are improved and fever free for 24 hours without any fever reducing medications home isolation is stopped and you can resume activities with a mask for the next 5 days. Mask wearing continues through day 10 and is required during all extracurricular activities and sports (even when actively practicing or playing). If you cannot tolerate a mask to participate in the activity/sport then do not return to the activity/sport until your mask wearing is up (day 11).

What to do if you were exposed AT HOME to someone with COVID-19 and your vaccines ARE up-to-date:

- Wear a mask around others for 10 days from your last exposure. Mask wearing continues through day 10 and is required during all extracurricular activities and sports (even when actively practicing or playing). If you cannot tolerate a mask to participate in the activity/sport then do not return to the activity/sport until your mask wearing is up (day 11).
- Best practice is to test on day 5.
- If you develop symptoms (even just one) or test positive, stay home.

What to do if you were exposed AT HOME to someone with COVID-10 and your vaccines ARE NOT up to date:

- Stay home for 5 days after your last exposure.
- Best practice is to test on day 5.
- After 5 days at home and away from the exposure wear a mask when around others for the next 5 days. Mask wearing continues through day 10 and is required during all extracurricular activities and sports (even when actively practicing or playing). If you cannot tolerate a mask to participate in the activity/sport then do not return to the activity/sport until your mask wearing is up (day 11).
- If you develop symptoms (even just one) or test positive, stay home.

YOU ARE CONSIDERED UP-TO-DATE ON COVID-19 VACCINE IF:

- You are ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people. (All recommended vaccine doses within the last 6 month)
- You are ages 5-17 years and completed the primary series of COVID-19 vaccines.

The following information is guidance that SASEAS follows if you are exposed AT SCHOOL OR A SCHOOL SPONSORED EVENT (INCLUDING SCHOOL SPONSORED EXTRACURRICULAR ACTIVITIES AND SCHOOL SPORTS)

The “Mask to Stay/Test to Play” guidelines are designed to help keep students in school and reduce long term quarantines out of school. These guidelines are optional, and parents may choose to follow standard quarantine rules.

The Mask to Stay/Test to Play guidelines only apply to students who were exposed within the school setting or a school sponsored event (including school extracurricular activities and school sports). Those who were exposed outside of school, such as through a family member, should follow standard quarantine practices

MASK TO STAY

Those who were exposed to COVID-19 in the school setting are no longer required to follow standard quarantine rules and may remain in school if the following criteria are met:

- Wear a mask to school for 10 days from the exposure.
- Parent(s) monitor child’s symptoms at home.
- Exposed person isolates and test required if symptomatic.
- Best practice test on day 5.

TEST TO PLAY-THIS APPLIES TO BOTH VACCINATED AND UNVACCINATED STUDENT ATHLETES (Only those who were diagnosed within the last 90 days do not have to test per the guidance today).

Those who have been exposed to COVID-19 while participating in school-sponsored extracurricular activities who are asymptomatic can continue to participate in school activities if they:

- Test as soon as they are notified following exposure; **students may not participate until the first test result is received and is negative and results are given to the school nurse.** This test must be a PCR or Rapid antigen test. The test cannot be an over-the-counter test that is entirely self-administered it must be registered and proctor observed and be able to deliver a copy of results to the school nurse. If negative the player returns to practice and games with no restrictions.
- Continue to monitor for symptoms for 10 days.

- Recommend (not required) to test again on Day 5.

The infectious period is 2 days prior to symptom onset when identifying close contacts. Day zero is onset of symptoms, day of positive test if asymptomatic or last day of exposure.

Test may be a PCR or antigen test. The test can be done with any healthcare provider. All over the counter, self-administered tests need to be proctor observed by the manufacturer using the QR code on the box and be able to deliver a copy of results to the school nurse. *If an over-the-counter test was self-administered without a proctor it will not be accepted.

Any violation of this protocol could result in game suspension.