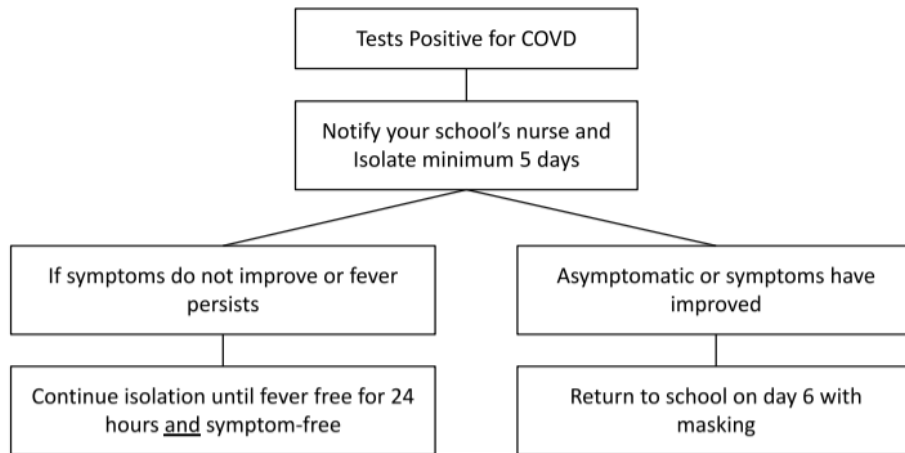


## NSPS Close Contact and Isolation Updates 1/2022

1. **If a student develops symptoms while at home or school:** Get a PCR test before returning to school or isolate for five full days. The student may return to school on day 6 if symptoms have improved.
2. **If a student tests positive, follow the chart below:**



3. **Close Contact Scenarios: If a student is a close contact, please follow the guidelines below:**

	Unvaccinated/Partially Vaccinated	Vaccinated (see definition at end)
<b>School Based Close Contact</b>	<ul style="list-style-type: none"> <li>Do not need to quarantine if you choose <b>Monitor to Stay:</b></li> <li>Parents conduct symptom screening at home and attest that the student doesn't have any symptoms for 5 days</li> <li>If at any point the student develops symptoms, the student should isolate at home and get tested               <ul style="list-style-type: none"> <li>If the student is tested, please report the result to the school nurse</li> <li>If not tested, the student must isolate for 5 days from reported symptoms</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Do not need to quarantine</li> <li>Monitor for symptoms</li> <li>Wear a well-fitting mask around others for 10 days</li> <li>If symptoms develop, the student should isolate at home and get tested               <ul style="list-style-type: none"> <li>If the student is tested, please report the result to the school nurse</li> <li>If not tested, the student must isolate for 5 days from reported symptoms</li> </ul> </li> </ul>
<b>Household Close Contact</b>	<ul style="list-style-type: none"> <li>Quarantine during the positive case's isolation period for 5 days or longer until symptoms improve and then start their own 5 day quarantine</li> <li>If at any point symptoms develop, the student should get tested</li> </ul>	<ul style="list-style-type: none"> <li>Do not need to quarantine</li> <li>Monitor for symptoms</li> <li>Wear a well-fitting mask around others for 10 days</li> <li>If symptoms develop, the student should isolate at home and get tested               <ul style="list-style-type: none"> <li>If the student is tested, please report the result to the school nurse</li> <li>If not tested, the student must isolate for 5 days from reported symptoms</li> </ul> </li> </ul>

<b>Outside of School Close Contact</b>	<ul style="list-style-type: none"> <li>● Quarantine for 5 days from last day of exposure</li> <li>● Recommend test on 5th day</li> <li>● May return to school on the 6th day if asymptomatic</li> <li>● Quarantine additional days if symptomatic, and get tested <ul style="list-style-type: none"> <li>○ If the student is tested, please report the result to the school nurse</li> <li>○ If not tested, the student must isolate for 5 days from reported symptoms</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Do not need to quarantine</li> <li>● Monitor for symptoms</li> <li>● Wear a well-fitting mask around others for 10 days</li> <li>● If symptoms develop, the student should isolate at home and get tested <ul style="list-style-type: none"> <li>○ If the student is tested, please report the result to the school nurse</li> <li>○ If not tested, the student must isolate for 5 days from reported symptoms</li> </ul> </li> </ul>
<b>School Athletics</b>	<ul style="list-style-type: none"> <li>● <b>Test to Play:</b> Student athletes who are close contacts and are able to remain in school either through Monitor to Stay or are fully vaccinated, will need a negative antigen test (administered in school with parent consent) in order to compete on the day of play where athletes from other schools will be present. For weekend games, antigen tests will be administered on Friday.</li> </ul>	

**DEFINITIONS:**

**Monitor to Stay**

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 in school. 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. (link to 5-day Attestation Form <https://drive.google.com/file/d/14gPZwf2kzy6ViiZUFyyfy-CWIOZeDa5V/view?usp=sharing>) 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.

**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.

**Vaccination**

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 severely immunocompromised and have received an additional dose as part of the primary vaccine series.