



December 8, 2020

Q1: What is the difference between Quarantine and Isolation?

A: Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Q2: How long will an individual need to be in quarantine if they were exposed to a COVID-19 individual?

A: Public health recommendations for COVID-19 continue to evolve and are updated as new scientific evidence becomes available. On Dec. 2, 2020, the Centers for Disease Control and Prevention (CDC) released a scientific brief with considerations for reducing quarantine for people possibly exposed to COVID-19. The Ohio Department of Health (ODH) has modified this guidance to meet the specific needs of our state and considerations for local circumstances and resources.

Recommendations for quarantine adapted by ODH support efficient use of resources and a reduced risk of post-quarantine transmission. Healthcare facilities, in consultation with local health departments, may also consider CDC’s Strategies to Mitigate Healthcare Personnel Staffing Shortages.

*Mahoning County Public Health permits for the Ohio Department of Health option of **Reduced Duration 1 (shaded in blue)** for K-12 school systems. School instruction is in controlled environment and public health mitigation measures to the virus have led to reduced spread within school environments.*

Mahoning County Public will continue to evaluate new information from the Centers for Disease Control and Prevention (CDC), the Ohio Department of Health and local data and updated recommendations could changes based on the update.

| ODH Recommended Options for Quarantine Following Possible COVID-19 Exposure | | |
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| | Duration of Quarantine | Recommended Actions |
| Optimal Duration to Minimize Risk of Transmission | Stay at home for at least 14 days* after last exposure. * A 14-day quarantine period presents the lowest risk of post-quarantine transmission. This strategy is preferred for people living in, | Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14 . (Check temperature twice a day, watch for fever, |

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| | working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible. | cough, shortness of breath, or other symptoms of COVID-19.) Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation. |
| Reduced Duration 1 | Stay at home for at least 10 days after last exposure. | Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14 . (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Consider obtaining a viral test near the end of this period (day eight or later) to increase certainty that there is no infection, but quarantine cannot be discontinued earlier than after day 10. Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation. |
| Reduced Duration 2 | Negative test result for SARS-CoV-2 (the virus that causes COVID-19) from a sample collected on day five or later after last exposure AND stay at home for at least seven days after last exposure. | Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14 . (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation. |

Q3: Who needs to quarantine?

A: Per the Centers for Disease Control and Prevention (CDC), individuals who have been in close contact with someone who has COVID-19.

This excludes individuals who have had COVID-19 within the past 3 months. Individuals who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. Individuals who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

Q4: Does my child need to quarantine for the full 10 days even if they had a negative COVID-19 test?

A: YES - You must stay in quarantine for the entire 10 days to stop the spread of the virus. This is because you may be in the incubation period (the time between getting the virus and potentially showing symptoms). A test during the 10 day quarantine period is only a snapshot in time and the virus could present itself after the test has been taken. The local health district will provide the parent/ guardian and the school in which they attend the start and end dates of the quarantine.

Q5: What should I do if my child has been tested for COVID-19 and is waiting on results?

A: The child should self-isolate from others and not return to school until results are received. Once the results are received and if they are negative, then the child may contact the school for return.

Q6: What steps should be taken when my child is a positive COVID-19 case?

A: When diagnosed with COVID-19, whether by laboratory testing or through a clinical examination, the parents or guardians should contact the schools within 24 hours. This student must isolate from others as the immediate isolation along with a 24 hour notification to the schools will help reduce the spread of the virus while aiding the schools with expedited contact tracing. The local health department will also follow up on the case in order to contact trace and provide further instructions.

For additional information on Coronavirus please visit the following link:

<https://www.mahoninghealth.org/covid-19-information-for-mahoning-county-schools/>