



Health Department

COVID-19 in K-12 Schools Student Guidelines

Re: COVID-19 in K-12 Schools Modified Close Contact / Self-Quarantine Guidelines

Introduction: We know that mitigation techniques work. Masking, social distancing, hand washing and staying home when ill are effective. Additional measures, such as assigned seating and cohorting have and will continue to be practices in the schools. With these mitigations in place, the risk of COVID-19 transmission in schools has been reduced throughout this school year. The Sedgwick County Health Department offers these guidelines to school districts as guidance, consultation, and other assistance.

Acknowledgement: The self-quarantine guidelines as written below have been modified from Johnson County Health and Environment COVID-19 in K-12 Schools Public Health Guidance for Administrators, Leavenworth County Health Department Updated Contact Tracing and Exclusion of Contacts in the School Setting Guidance, and Crawford County Health Department K-12 Recommendations.

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In K-12 schools, specific circumstances constitute high risk and low risk exposure to a confirmed positive COVID-19 case.

High Risk Exposures will include the following:

- **Anything unmasked, especially when not physically distanced**
- Consuming food/drink less than six feet apart
- Activities that include physical exertion, less than six feet apart for longer than 15 cumulative minutes
- Athletic activity that involves close, sustained contact between participants, lack of significant protective barriers, indoors, and high probability that respiratory droplets will be transmitted between participants. (See STATEMENT ON RISK OF COVID-19 DURING HIGH SCHOOL SPORTS National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC) <https://www.nfhs.org/media/4295118/nfhs-smac-statement-on-risk-of-covid-19-during-high-school-sports-january-27-2021-final.pdf>)
- Playing woodwind and brass instruments less than six feet apart without mask
- Singing/shouting less than six feet apart without mask
- Playground if unmasked students have sustained contact with physical exertion for more than 10 minutes
- This list is not exhaustive. Additional considerations such as duration or contact, amount of physical distance, other mitigation measures, and symptoms of infectious individuals may alter these recommendation.

Action: Student(s) should self-quarantine per the established KDHE and Sedgwick County protocols.

Low Risk Exposures will include the following:

- Being in the same classroom following mask-wearing guidelines to include a tightly woven, two-ply properly fitting mask worn over the mouth and nose by both the person who tests positive and the contact(s).
- On the same bus following mask-wearing guidelines and a minimum of 3 feet distance.

Action: Parents/staff notification of positive cases within the classroom (see parent letter that is provided below). As noted in this letter, parents may select to move to remote learning following the current self-quarantine guidelines.

LOW RISK CLOSE CONTACT NOTIFICATION: Possible exposure to your child

Dear

Today, we were informed that a student in your child's classroom tested positive for COVID-19. This student last attended on _____, and has since stayed home and followed health department guidelines.

Your child is considered a low-risk close contact. Low-Risk Close Contact is a contact where all mitigation measures have been adhered to, including wearing masks, washing of hands, and remaining socially distanced to the greatest extent possible.

In accordance with (Specific name of K-12 guidelines) your student may continue to attend school following all mitigation procedures in place.

As a cautionary measure, your student may select to move to remote learning model and follow the KDHE guidelines as follows: a PCR test on day six (6) and is negative, the individual can be out of self-quarantine on day eight (8). If a close contact does not have a PCR test on day six (6) the individual can be out of self-quarantine on day eleven (11).

If your child has any of the following symptoms, please stay home and contact your health care provider for further instructions:

- A fever of 100 F or greater
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore Throat
- New loss of taste or smell.

It is our goal at _____ Schools to keep you informed of any potential situation and to continue to provide the safest environment for your child during these items. If you have any questions, please contact me at _____.

HIGH RISK CLOSE CONTACT NOTIFICATION: Possible exposure to your child

Dear

Today, we were informed that a student in your child's classroom tested positive for COVID-19. This student last attended on _____, and has since stayed home and followed health department guidelines.

Your child is considered a high- risk close contact. High-Risk close contact is a contact where mitigation measures have not been adhered to in one or more ways as follows:

- Anything unmasked, especially when not physically distanced
- Consuming food/drink less than six feet apart
- Activities that include physical exertion, less than six feet apart for longer than 15 cumulative minutes
- Athletic activity that involves close, sustained contact between participants, lack of significant protective barriers, indoors, and high probability that respiratory droplets will be transmitted between participants. <https://www.nfhs.org/media/4295118/nfhs-smac-statement-on-risk-of-covid-19-during-high-school-sports-january-27-2021-final.pdf>
- Playing woodwind and brass instruments less than six feet apart without mask
- Singing/shouting less than six feet apart without mask
- Playground if unmasked students have sustained contact with physical exertion for more than 10 minutes.
- _____

In accordance with (Specific name of K-12 guidelines) your student will move to remote learning and adhere to the KDHE guidelines as follows: a PCR test on day six (6) and is negative, the individual can be out of self-quarantine on day eight (8). If a close contact does not have a PCR test on day six (6) the individual can be out of self-quarantine on day eleven (11).

If your child has any of the following symptoms, please contact your health care provider for further instructions:

- A fever of 100 F or greater
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore Throat
- New loss of taste or smell.

It is our goal at _____ Schools to keep you informed of any potential situation and to continue to provide the safest environment for your child during these items. If you have any questions, please contact me at _____.