

QUARANTINE: Guidance for Families

Quarantine separates people who were exposed to a contagious disease to see if they become sick. Individuals who have been exposed to COVID-19 must quarantine for 14 days. In this circumstance, the school will help you identify the earliest return date, counting from the last known exposure to the positive case. During this time, the quarantined individual should stay home, check temperature twice daily and monitor closely for symptoms of COVID-19. Until they are able to return to school, students may participate in class virtually through live-streamed classroom instruction.

Should we be tested for COVID-19?

Yes, close contacts of a person with COVID-19 should consider getting tested. We know that it is possible for asymptomatic carriers to spread this virus. Your test results may assist in further contact tracing, helping to contain the virus. A “close contact” is considered 6’ or less for 15 minutes or more.

Can quarantine be shortened by testing negative?

A negative test result cannot shorten the duration of the quarantine. A positive test result would reset the student’s 14-day quarantine to a 10-day isolation period.

Do other family members need to quarantine?

Family members of the close contact are not required to quarantine unless he or she tests positive for COVID-19.

What if symptoms develop?

If the individual in quarantine becomes ill, contact your healthcare provider. If symptoms are consistent with COVID-19, or the individual tests positive during the quarantine period, he or she will re-start the clock for a 10-day isolation period.

What are the symptoms to look for?

New cough	Headache	Runny nose
Shortness of breath or difficulty breathing	Muscle and body aches	Nausea
New loss of taste or smell	Fatigue	Diarrhea
Fever (100.4°+)	Sore throat	
Vomiting		

Learn more about quarantine and self-isolation:
holymfamilydbq.org/covid-campus-update/#quarantine-isolation