

## COVID-19 Quarantine Frequently Asked Questions

### 1. What to expect if school calls to alert me that my student has been exposed to a COVID-19 positive individual at school?

This call from Sumner County Schools means that your student has been identified as a close contact with an individual (staff or student) that has tested positive for COVID-19. This call will include the date of exposure.

**TN Department of Health and the CDC define close contact, within 6 feet of an individual for greater than 15 minutes, with or without a mask.** This may not include everyone in a classroom.

### 2. What steps should I take now that my student has been identified as a close contact exposure?

Once your student has been exposed, it is **required by the TN Department of Health** that they stay home for 14 days from the date of exposure. This includes athletes in any school sport. This also includes any after school functions. Monitor symptoms at home. If symptoms develop, then contact your healthcare provider for further instruction. Siblings and other students or staff that live in your home are not required to quarantine, unless they receive a call.

Symptoms of COVID-19 may include fever (>100.4), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms, please refer to the CDC website for a complete list of symptoms. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

### 3. What do I do if my student has symptoms?

If your student develops symptoms while at home, please notify your healthcare provider and follow their recommendations. Please contact your school nurse.

### 4. What do I do if it is recommended that my student is tested?

**The student must quarantine until test results are known per the TN Department of Health.** Please contact your school nurse when tested for COVID-19.

If the test is **negative**, the student can return with a negative test result or a healthcare provider note. This negative result will not end their quarantine, if they are identified as a close contact. The student is required to complete their quarantine even if they have a negative test anytime during the 14 days from exposure.

If the test is **positive**, the student will follow the healthcare provider's recommendation and isolate for a minimum of 10 days from the first date of symptoms. If the student has no symptoms, they will isolate for a minimum of 10 days from the date they were tested.

## **5. What is the protocol for returning to school?**

Your child **CANNOT** return to school until they have completed the quarantine requirements. **This is a requirement from the TN Department of Health.** If they come to school, a parent/guardian will be contacted to pick up the student.

If your child is tested and the result is negative, your child still cannot return to school until the quarantine is completed.

### **Documents needed for return:**

- A. If your student does not have symptoms, completes the quarantine, and does NOT get a test, a parent note is required stating the student was absent for "COVID-related" reasons.
- B. If your child has no symptoms, and is tested for COVID-19 during quarantine, they must return with a healthcare provider note or proof of negative test results. Again, they still must complete the 14-day quarantine.
- C. If your child develops symptoms during quarantine or at any other time during the school year, consult with your healthcare provider and follow their recommendations.

## **6. What do I do if someone in my household is positive?**

Contact your school nurse.

Once someone in the household tests positive, everyone in the household becomes a close contact and **must follow the 14-day quarantine requirement per the TN Department of Health.**