



# LENAWEE COUNTY

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# HEALTH DEPARTMENT

## School Isolation and Quarantine Protocol Overview

As of 3/15/2022

*Protocol is subject to change at any time.*

### Definitions:

- **Isolation:** Separates a person known or reasonably believed to be sick with COVID-19 and infectious, from others who are not infected. Individuals who are COVID-19 positive must isolate.
- **Quarantine:** Staying home after exposure to someone who has been diagnosed with COVID-19. An individual who has been infected with the virus that causes COVID-19 may not show symptoms for up to 14 days. Some individuals may never show symptoms but are COVID-19 positive and can still spread the virus.
- **Close Contact:** Someone who was less than 6 feet away from the infected person for a cumulative total of 15 minutes or more over a 24-hour period.
- **Improving Symptoms:** Symptoms such as cough, runny nose, and congestion have gotten noticeably better. No fever for at least 24 hours without the use of fever-reducing medication. Some symptoms like fatigue, loss of taste and smell may last for a longer period of time.
- **Personal/Household Contact:** Individuals you share living spaces with, including bedrooms, bathrooms, living rooms and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...) This would include exposure in a childcare setting for those under 2 years of age.
- **Activities with Higher Risk of Exposing Vulnerable Individuals:** Activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregational settings.

### School Reporting Process

1. Schools must report COVID-19 positive individuals to the Lenawee County Health Department (LCHD) through the online Communicable Disease Reporting software (KKZO). Schools should contact Meredith Mackey at the LCHD with questions about accessing this program. [Meredith.Mackey@lenawee.mi.us](mailto:Meredith.Mackey@lenawee.mi.us).
2. Schools with capacity to notify staff and parents/guardians regarding a potential exposure to a COVID-19 positive individual and inform them of the LCHD quarantine recommendations, will no longer need to provide close contact information to the LCHD. In this case, the health department will not send letters to close contacts.
3. Schools should maintain seating charts and roster information used to determine close contacts, as it may be requested by the LCHD to investigate potential clusters or outbreaks.

### **Isolation Requirements - Someone who has tested positive for COVID-19:**

- Parents shall notify the school if their child becomes COVID-19 positive
- Positive case (regardless of vaccination status) is required to isolate for a minimum of 5 days before returning to school. Isolation begins from symptom onset or test date, whichever comes first. Individuals must have improving symptoms and be fever free for 24 hours without fever-reducing medication prior to returning to school on the 6<sup>th</sup> day. **Strict mask usage is required by individuals on days 6-10.**
  - A well-fitting mask adheres to the side of your face and covers your nose and mouth. A KN95 or similar mask is the recommended choice in congregate or high-transmission settings, such as schools. The best mask is the most protective mask, that will be worn consistently and fits properly.
- If the individual is unwilling/unable to wear a mask for days 6-10 they are to isolate at home for those days.

### **Isolation Protocol – Extracurricular Activities**

Positive individuals whose symptoms have improved and are returning to school for day 6-10, may participate in extracurricular activities, such as sports, as long as they wear a well fitted mask at all times (except when eating) including any indoor or outdoor practices or games. Individuals who participate in swim are to wear a well fitted mask whenever not actively practicing or competing in the pool.

### **Isolation Protocol – Lunch/Snacks**

Individuals returning on day 6-10 after a positive test should adequately distance from others when eating.

### **Quarantine Recommendations – Someone who has been exposed to COVID-19**

#### **If you were exposed to a personal/household contact:**

- Conduct symptom monitoring for 10 days; and
- Test at least one time if possible 3-7 days after exposure and if symptoms develop; and
- Wear a well-fitting mask for 10 days from the date of last exposure to protect others; and
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals for 10 days from the last date of exposure

\*If a mask cannot be worn, individual should quarantine at home for 10 days. A Test to Stay protocol may be utilized.

\*\*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation requirements. If negative, stay home until symptoms have improved.

#### **If you were exposed to another type of contact (community, social, work, or school setting):**

- Conduct symptom monitoring for 10 days; and
- Test if symptoms develop; and

- Consider wearing a well-fitting mask around others for 10 days from the date of last exposure to protect others. At a minimum, wear a mask in settings with higher risk of exposing vulnerable individuals.

\*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation requirements. If negative, stay home until symptoms have improved.

\*\* Schools may continue to utilize Test to Stay strategies or make testing available for students and staff as a part of quarantine recommendations.

### Quarantine Recommendations – Extracurricular Activities

If students are unwilling or unable to mask or quarantine after an exposure, it is not recommended that they participate in extracurricular activities until 11 days after exposure.

	Who is Impacted	Public Health Recommendations
<b>Isolation</b> Has COVID-19	Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status.	 Isolate at home for 5 days; and  If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitted mask, for 5 more days (ending after day 10).* <i>If positive with no symptoms, monitor for symptoms for 10 days as well.</i> 
 <b>Quarantine</b> Exposed to COVID-19	<b>Personal or household contact</b> , regardless of vaccination status, exposed to someone with COVID-19 (see definition below).	 Monitor symptoms for 10 days.  Wear a mask around others for 10 days after exposure.**  Test 3-7 days after exposure or if symptoms develop.  Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.***
	Other exposure (from community, social, work setting).	 Monitor symptoms for 10 days.  Test if symptoms develop.  Consider wearing a mask around others for 10 days after exposure; at a minimum, mask in settings with higher risk of exposing vulnerable individuals.***

\* If a mask cannot be worn, recommend 10 days of home isolation.  
 \*\* If a mask cannot be worn, individual should home quarantine for 10 days. A Test to Stay protocol may also be developed in partnership between school and local health department.  
 \*\*\* Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings.  
**Personal/household contacts** include individuals who share living spaces, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual. This would include exposure in childcare settings for those under 2 years of age.

 MDHHS  
 Michigan Department of Health & Human Services

Information in this version of the **School Isolation and Quarantine Protocol Overview** (3/14/22) comes from [MDHHS' latest update](#).