

COVID-19 Guidelines for Periods of School Exclusion

The following reflects the most recent guidelines for school exclusion for individuals who test positive for COVID-19, have symptoms without confirmatory testing, or who are identified as a close contact according to updated CDC recommendations as of Jan. 11, 2022.

CLOSE CONTACT

Updated close contact definition from the CDC:

Close Contact through proximity and duration of exposure: Someone who was less than 6-feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date). **Exception:** In the K–12 indoor classroom setting or a structured outdoor setting, the close contact definition excludes students who were between 3 to 6 feet of an infected student if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. **This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.**

SCHOOL EXCLUSION

A confirmed or suspected case of COVID-19 or showing symptoms of COVID-19. Symptoms include: fever (100.4°F or higher), new onset of moderate to severe headache, shortness of breath, new cough, sore throat, vomiting, diarrhea, new loss of taste or smell, fatigue from unknown cause, muscle or body aches.)

Everyone, regardless of vaccination status:

- Stay home for at least 5 days. Day 0 is the first day of symptoms or date of a positive viral test (if asymptomatic).
- As of Jan. 18, 2022 the health department has authorized the use of home tests to confirm a positive COVID-19 test. If a home test is positive, individuals must complete and submit the form below to the school nurse. Submit only the form; do not send the actual test. If the individual subsequently is exposed to a positive COVID-19 individual after testing positive for COVID-19 using a home test, the individual will not need to be excluded from school for 90 days from the date of the home test. To submit an at-home testing confirmation form, please use the link below for your school:

[VDEL](#)
[Westwood](#)

[Dean](#)
[Creekside](#)

[Greenwood](#)
[Northwood](#)

[Mary Endres](#)
[WHS](#)

[Olson](#)
[WNHS](#)

[Prairiewood](#)
[Clay](#)

A package of four at-home tests, to be delivered by the US Postal Service, can be ordered free of charge at <https://COVIDTests.gov>.

- As of Jan. 18, 2022 if an individual has symptoms and a home test is negative, the negative test must be confirmed using a lab-based test before the individual will be readmitted to school.
- Without symptoms or symptoms resolving after 5 days, an individual can return to school if the individual can consistently wear a well-fitted mask that fully covers nose and mouth. An individual with symptoms **beyond day 5 can return to school when fever free for 24 hours** without the use of fever-reducing medications and other symptoms have improved (this may not include slight congestion, slight cough, or loss of taste or smell. If you are unsure of persisting symptoms, please reach out to your school nurse). **Students will be seated 6 feet apart during lunch on days 6 - 10 upon returning from school exclusion due to a positive test or having symptoms of COVID-19 without confirmatory testing.**
- Individuals with COVID-19 symptoms who do not test, must be excluded for 5 calendar days from the date of first symptom onset and be fever-free for 24 hours without the use of fever-reducing medications and their symptoms have improved before returning to school (this may not include slight congestion, slight cough, or loss of taste or smell. If you are unsure of persisting symptoms, please reach out to your school nurse). If you have a fever, continue to stay home until your fever resolves.
- If a student is sent home sick with COVID-19 symptoms and that individual is tested within 24 hours of first notification of symptoms to the school, household members do not need to be sent home from school.
- Students can return to extracurricular practice after 5 days if everyone participating wears a well-fitted mask at all times days 6 through 10. Students can participate in competitions or performances after 10 days as long as they remain asymptomatic. The student should avoid all activities where masks cannot be worn when around others until the 10 days post exposure has passed.
- If an individual who has tested positive for COVID-19 or is exhibiting symptoms of COVID-19 without a confirmatory test is **unable** to wear a well-fitted mask over the nose and mouth, that individual will need to complete 10 days of school exclusion from either symptom onset or date of positive viral test at home.
- Options for COVID-19 testing: [Walgreens](#) • [Curative](#) • [CVS](#) • Your personal medical provider

SCHOOL EXCLUSION

If you have been exposed to a positive case of COVID-19 (deemed a close contact)

Who is NOT excluded from school due to exposure to a positive COVID-19 case?

- Ages 18 & older who have received a [primary vaccination series](#) (Pfizer, Moderna or J&J), **AND a booster dose once eligible** and additional primary shots for immunocompromised people.
 - Ages 5-17 who have received a primary vaccination series (Pfizer, Moderna, or J&J)
 - Anyone with a confirmed positive COVID-19 test within the last 90 days (using a [viral test](#)).
 - As required for all individuals at school, continue to wear a well-fitted mask that fully covers nose and mouth.
 - Test on day 5 is recommended.
 - ***If an individual develops symptoms at any time due to the close contact exposure to the positive case, he/she must stay home until receiving a negative PCR COVID-19 test.***
 - Options for COVID-19 testing: [Walgreens](#) • [Curative](#) • [CVS](#) • Your personal medical provider
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Who IS excluded from school due to exposure to a positive COVID-19 case?

- Ages 18 & older who have received the [primary vaccination series](#), but have NOT received a booster shot when eligible
 - Ages 18 & older who have received the full series of a Moderna OR Pfizer vaccine over 5 months ago and have NOT received a booster shot
 - Ages 18 & older who have received the single-dose Johnson & Johnson vaccine over 2 months ago and have NOT received a booster shot
 - Anyone who has NOT received a [primary vaccination series](#) (i.e. unvaccinated)
 - Stay home for 5 days and testing is **recommended** 5 days after the date of last exposure to the positive individual. The individual can return to school after 5 days if the individual can consistently wear a well-fitted mask over the nose and mouth. Day 0 is the date of last contact to the positive individual. Testing on day 5 is **recommended** for all close contact exposures. ***If an individual develops symptoms at any time due to the close contact exposure to the positive case, he/she will need to stay home until receiving a negative PCR COVID-19 test. Students will be seated 6 feet apart during lunch on days 6 - 10 upon returning from school exclusion for the close contact exposure.***
 - Options for COVID-19 testing: [Walgreens](#) • [Curative](#) • [CVS](#) • Your personal medical provider
 - If an individual that has tested positive is unable to isolate from their close contacts at home, the period of school exclusion would not start until the end of the positive case's isolation period.
 - If an individual identified as a close contact is **unable** to wear a well-fitted mask, that individual will need to complete 10 days of school exclusion from the date of last contact to the positive individual.
 - Students can return to extracurricular practice after 5 days if everyone participating wears a well-fitted mask at all times days 6 through 10. Students can participate in competitions or performances after 10 days as long as they remain asymptomatic. The student should avoid all activities where masks cannot be worn when around others until the 10 days post exposure has passed.
 - **District 200 will follow the [recommended CDC travel guidance](#).** The CDC recommends that people should delay domestic travel, and not travel internationally until they are fully vaccinated. Students who are not fully vaccinated and must travel, do not need to stay home and self-quarantine after travel. Students who are not fully vaccinated and must travel should get tested 5-7 days after travel, monitor for symptoms and follow the school exclusion guidance if they develop symptoms or test positive.
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Nursing Staff Use Only

Return to school date:

Return to extracurricular activities date: