

Isolation & Quarantine for EBRPSS Pre-K-12 Schools and K-12 Sports (In Alignment with CDC and LDH COVID-19 Guidance for Schools Updated 8/11/22)

Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. [Promoting vaccination](#) among all eligible individuals can help schools protect students and staff, as well as their families.

Based on [COVID-19 Community Levels](#), the following Louisiana Department of Health recommendations include options that allow for alternatives to the standard quarantine guidance. These options are intended to provide additional support for in-person learning for Pre-K-12 students and continued attendance for early childhood students as safely as possible.

Isolation Guidance for Confirmed or Suspected (symptomatic) COVID-19 in Pre-K – 12 Schools:

Individuals with confirmed or suspected COVID-19 infection (**regardless of vaccination status**) should not return to school until the following “end of self-isolation criteria” are met (or until an alternate diagnosis is made):

- Stay home for 5 days
 - Day 0 is the day symptoms began or, if asymptomatic, the day the person took a test that had a positive result. Day 1 is the day after symptoms began; if a person does not have symptoms, Day 1 is the day after the person tested positive (use the date the test sample was collected).
- If you have no symptoms or your symptoms are resolving after 5 days, you can return to school*.
 - If you continue to have a fever (100.4 or greater) or your other symptoms have not improved after 5 days, you should stay in isolation until you are fever-free for at least 24 hours (without the use of fever-reducing medication) and your other symptoms have improved.
- Continue to wear a mask around others for 5 additional days (i.e., through Day 10).
 - If school cannot ensure masking for 5 additional days, then individual should isolate for a full 10 days.
 - Student athletes participating in contact sports should **NOT** return to athletic events for the full 10 days.

***Proof of Positive COVID-19 Test result or a signed physician’s note that states the date student is cleared to return to school should be submitted to excuse absence.**

Principal/designee will **report ALL confirmed COVID-19 cases** using the online **EBRPSS COVID-19 Reporting Portal**. For support with accessing the reporting portal, contact jduvic1@ebrschools.org.

Identifying Close Contacts to a Confirmed COVID-19 Case

Contact tracing should be conducted for each case’s infectious period, starting 48 hours before a person develops symptoms (or 48 hours before positive test collection, if asymptomatic).

Close contact is defined as:

- Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hr period **OR** having direct physical contact with an infected person

Exception: If BOTH the case and the contact were engaged in consistent and correct use of a well-fitting face mask **AND** were **3 or more feet** from each other, then the contact is NOT considered a close contact. They should continue to mask while indoors until at least Day 10 post-exposure.

Quarantine (Close Contact) Guidance for Pre-K – 12 Schools

According to current [CDC guidance for schools](#), all close contacts in grades Pre-K-12 may remain at school by taking the following steps (regardless of vaccination status):

1. **Individuals who were exposed to COVID-19 should wear a [mask](#) as soon as they find out they were exposed to a positive individual**
 - Day “0” is the day of last exposure to someone with COVID-19;
 - Day “1” is the first full day after last exposure to someone with COVID-19
2. **Individuals who were exposed to COVID-19, should continue to wear a [mask](#) for 10 full days**
 - Individuals who were exposed should watch for possible COVID-19 symptoms (these may include, but are not limited the following):
 - Fever of 100.4 or greater
 - Cough and/or shortness of breath
 - Fatigue and/or body aches
 - Headache
 - Loss of taste or smell
 - If the individual experiences any potential COVID-19 symptoms, they should immediately self-isolate (regardless of vaccination status). They are advised to contact their health care provider for next steps (consider COVID-19 testing).
3. **It is recommended that individuals exposed to COVID-19 get tested at least 5 full days after their last exposure (even if they do not develop symptoms)**
 - If test results are positive, the individual will follow the above [isolation guidance](#)

Quarantine (Close Contact) Guidance for K-12 Sports

Due to the high rates of transmission that have been observed among K-12 sports teams, in order for student athletes to continue to participate in **contact sports**, the above isolation & quarantine guidance will be observed by all EBRPSS athletic programs to prevent the spread of COVID-19:

Student Athletes are also strongly encouraged to participate in weekly COVID-19 testing at school*.

Schools are encouraged to share the testing registration link or flyer with all student athletes (and their families) so that they can make an informed decision about enrolling in the weekly Safer, Smarter Schools testing program at their school - [EBRPSS COVID Testing Registration 2022-23](#)

**Please contact Cheree Duvic, Supervisor of Health Services to request support if you have any additional questions about getting your student athletes enrolled in the weekly Safer, Smarter Schools testing program – jduvic1@ebrschools.org or (225) 317-8703.*