

Quarantine, Isolation & School Antigen Testing in Coffey County

Individual in Isolation... **COVID-19 positive:**

- If all of these criteria are strictly met, household contacts may quarantine at the same time as the ill person isolates:
 - Stay home unless you have a medical emergency
 - Stay in a separate bedroom and use separate restroom from household members
 - May not use common areas of the house
 - May not use food prep areas or prepare food/drink for others
 - Use disposable flatware and dishes and dispose of in your room
 - NO interaction with other household members
 - Isolation is 10 days from onset of symptoms or 72 hours of significant improvement in symptoms, **whichever is longer**

Individual in Quarantine... **Close contact of positive:**

- Monitor yourself for symptoms of illness. If you become ill while in quarantine, please call your medical provider.
- **If you need to seek medical attention, call your healthcare provider and tell them that you have been exposed to COVID-19.** You will be advised on how to be tested if you wish to do so.
- If you must seek medical care for other reasons, call ahead to your medical provider and tell them about your exposure to COVID-19.
- While in quarantine, you should have groceries, medications, essentials delivered to your home and left on the doorstep. If this is not an option for you, you may only use **contactless** curbside services.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Sanitize all “high-touch” surfaces daily. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe, according to the label instructions.

How long is quarantine?... **7-day, 10-day, “Test to Stay, Play and Participate”:**

- **10-day WITHOUT TESTING:** If exposed to a COVID positive person your quarantine is for 10 days, **starting with the day after your last close contact with the COVID positive person.** If you do not develop symptoms of COVID-19 during your quarantine period and choose not to test, then you are released from quarantine at the end of the 10 days.
- **7-day WITH PCR TESTING:** If exposed to a COVID positive person and experiencing no symptoms of illness **you may choose to test after day 5.** If negative and still symptom-free, then you are released from quarantine at the end of the 7 days. *(KDHE does not recognize antigen or antibody testing in this case.)*

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- ***Test to Stay, Play and Participate for students and staff:***

The guidelines below apply only to the school day and school-sponsored extracurricular activities for students and staff. Regarding all other daily activities, please follow “Individual in Quarantine” on page 1.

- Staff or students who are placed in quarantine due to exposure to a positive case (as identified by the Coffey County Health Department during the disease investigation process) will be quarantined for 10 days, to return to school on Day 11.
- ***There is an option for daily antigen testing.*** Daily negative results will allow a student or staff in quarantine to continue to attend school and participate in school activities during the quarantine timeframe.
 - CCHD has provided test kits, consent forms and trained school personnel to perform on-site antigen testing. *Parental consent would be required for such antigen testing.* COVID-19 vaccinated staff and students and those with confirmed positive COVID-19 test in the prior 6 months will be required to antigen test daily to be in school.
 - Those participating in the daily antigen testing will be required to mask while at school as well as distance from others by six-feet except when actively participating in high exertion physical activity.
 - No mask exemptions will be allowed during antigen testing, with the exception of high-exertion physical activity, which will be reviewed with coaches and sponsors to determine what is appropriate for the activity.