

Maple Valley Public School

COVID-19 ILLNESS AND QUARANTINE GUIDELINES

These guidelines align with the CDC and the ND Department of Health requirements

PERSON A Any person who has tested positive for COVID-19	PERSON B Any person who lives in the same household with Person A	PERSON C Any person with close contact to person A (more than 15 min and less than 6 feet) without masks	PERSON D Any person who has had exposure to Person B or C before quarantine
<p>With Symptoms: -Isolation until the following have been met:</p> <ul style="list-style-type: none"> • 10 days since symptoms first appeared AND • 24 hours since the last fever (without the use of fever reducing medication) AND • Symptoms have improved <p>Without symptoms: (asymptomatic) Isolate for 10 days from date of 1st positive test:</p> <ul style="list-style-type: none"> • Monitor self for symptoms, take temps twice daily <p>Release from isolation after 10 days have passed as long as no symptoms</p>	<p>No symptoms:</p> <ul style="list-style-type: none"> • Quarantine immediately • Quarantine while person A is ill and/or isolated • Quarantine an additional 10 days after person A has recovered and been released by provider, OR may test on the 6th day after person A has recovered. If, after 48 hours, the test is negative and the person does not have symptoms, they may return after day 7. • Quarantine can last up to 20 days or as little as 17 days 	<ul style="list-style-type: none"> • Quarantine for 10 days following the date of last exposure <u>unless both the infected person and close contact were wearing a mask at all times during the exposure, this would exempt the contact from being quarantined.</u> • OR may test on the 6th day after exposure to person B. If, after 48 hours, the test is negative and the person does not have symptoms, they may return after day 7. • Monitor self for symptoms, take temp twice a day • If symptoms develop, notify provider 	<p>No quarantine or action required unless: Person B or C develops symptoms OR tests positive and person D has had contact within 10 days, THEN:</p> <ul style="list-style-type: none"> • Monitor self for symptoms, take temp twice per day • Contact City/County Health (701-845-8518) • Contact Provider

Definitions:

Close Contact: Defined as anyone who was within 6 feet of infected person for at least 15 cumulative minutes from 48 hours prior to the person having symptoms, unless both were wearing masks

Isolation: Separates infected individuals with contagious disease from person who are not sick

Quarantine: Separates and restrict the movement of a person exposed to a contagious disease to monitor if they become ill

Insignificant Exposure: is in contact with an individual for at least 15 cumulative minutes and less than 6 feet separation, unless both were wearing masks