



Updated COVID-19 Close Contact Quarantine Guidelines for CCA

updated January 4, 2021

On December 7, 2020, the Massachusetts Department of Public Health (MDPH) updated quarantine guidance for those who have been exposed to COVID-19. The full guidance from the state can be found here: [LINK](#)

While the possible incubation period for COVID-19 is still 14 days, the medical community has found that the majority of cases have incubation periods of fewer than 10 days. Therefore, in accordance with guidance from MDPH and our school physician, Covenant Christian Academy has established the following updated guidelines in order to complete required COVID-19 Close Contact quarantine for school.

Close Contact Quarantine Period Guidance

An individual will need to remain quarantined consistent with one of the options below.

Please note: If the exposed individual resides in the **same household** as the COVID positive individual, the quarantine should begin **immediately**. However, the 14 day countdown (incubation period) for the close contact individual **cannot begin until the date of last exposure to the infectious individual**. This date of last exposure is determined by either 1) the date the infected person goes into STRICT ISOLATED QUARANTINE in the home and has no contact with other members in the home, or 2) the date the infected person tests negative for COVID-19 or is deemed by a doctor to no longer be contagious.

A Strict Isolated Quarantine in a private home follows these guidelines:

- Do not leave your home except to be tested or for urgent medical care.
- Wear a mask, such as a cloth or surgical mask, if you absolutely must be in contact with other people.
- Do not have visitors in your home.
- Stay six feet or more away from other people in your home at all times.
- Use a separate bedroom and bathroom. Do not share towels or bed sheets/blankets with other people in your home. Wash your laundry separately from the laundry of other people in your home.
- Do not share eating or drinking utensils. Wash utensils normally in a dishwasher or by hand with warm water and soap.

Scenario #1 Example: A parent is diagnosed COVID-19 positive and is able to immediately remove themselves from general family life into a separate bedroom. The parent remains in this separate space nearly 100% of the time. The child begins quarantining immediately and has no physical contact with the infected parent. In this scenario the official 7 or 10 day quarantine for the child required to be completed before returning to school can begin immediately and be completed within 7 or 10 days.

Scenario #2 Example: A parent is diagnosed COVID-19 positive so their child begins quarantining immediately. However, it is impossible to keep the parent and child strictly separated in the home. In this scenario the official 7 or 10 day quarantine for the child required to be completed before returning to school

cannot begin until the parent has tested negative for COVID-19 or is deemed by a doctor to be no longer contagious. This may result in a child being quarantined for up to 2-3 weeks total.

The school reserves the right to determine the proper length of quarantine in consultation with the school nurse, school partnering physical, and DPH.

Options	Criteria	Active Monitoring	Residual Risk
7 days of strict quarantine	<p>Release on Day 8 if:</p> <ul style="list-style-type: none"> A PCR test taken on Day 5 or later is negative; AND The individual has not experienced any symptoms up to that point; AND The individual conducts active monitoring through Day 14 	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 5% residual risk of disease development
10 days of strict quarantine	<p>Release on Day 11 if:</p> <ul style="list-style-type: none"> The individual has not experienced any symptoms up to that point; AND The individual conducts active monitoring through Day 14. No test is necessary under this option 	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 1% residual risk of disease development
14 days of strict quarantine	<p>Release on Day 15 if:</p> <ul style="list-style-type: none"> The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR The individual indicates they are unwilling or unable to conduct active monitoring. 	No additional active monitoring required	Maximal risk reduction

Results Reporting and Attestation

All COVID test results, and all symptoms experienced during quarantine **MUST** be reported to the CCA School Nurse promptly. If the 7 day or 10 day quarantine option is selected, the parent or guardian must complete the on-line [CCA Attestation Form](#) confirming the student has been without symptoms. *These guidelines are subject to change based on observational and published data obtained by the school.*

These guidelines have been approved by the CCA Board of Directors, CCA Head of School, CCA Consulting Physician and CCA School Nurse, January 2021.