



North Middlesex Regional School District Health Services

GUIDELINES FOR COVID-19 CLOSE CONTACT

You/your child has been exposed to the COVID-19 virus, and could spread it to people around you and make them sick. You must quarantine in your home. Please take these steps to help stop the spread of COVID-19 while you quarantine:

- Stay at home and use a separate bedroom and bathroom if possible.
- Do your best to stay at least 6 feet away from other people in the house.
- Wear a mask, such as a cloth mask or a surgical mask, if you must be in the same room in your house with other people.
- Do not leave your house to go to school, work or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Do not share eating or drinking utensils with anybody.
- Monitor your health every day.
- If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your healthcare provider and schedule a COVID-19 test. Be sure to tell them you have been exposed to COVID-19.
- If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
- Do not take public transportation, taxis, or ride-shares to get to your appointment.

How long must you quarantine?

Choose one of the following options:

Option 1

7 days of **strict** quarantine starting the day after your last exposure to COVID-19:

Release on Day 8 IF:

- A **PCR** test taken on Day 5 or later is negative;

AND

- You have not had any of the following symptoms:
 - a. Fever of 100.0 degrees or greater, chills or shaking chills
 - b. New cough (not related to chronic condition)
 - c. Shortness of breath or difficulty breathing
 - d. Muscle or body aches
 - e. Headache *in combination with other symptoms and not related to chronic condition*
 - f. New loss of taste or smell
 - g. Sore throat
 - h. New nasal congestion or new runny nose (not related to seasonal allergies) *when in combination with other symptoms*
 - i. Nausea, vomiting, or diarrhea

AND

- You actively watch for the above symptoms through **Day 14**



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Option 2

10 days of **strict** quarantine starting the day after your last exposure to COVID-19:
No PCR test needed.

Release on Day 11 IF:

- You have not had any of the above symptoms

AND

- You actively watch for the above symptoms through **Day 14**.

Option 3

14 days of **strict** quarantine starting the day after your last exposure to COVID-19

You must follow option 3 IF:

- You experienced any of the above symptoms during quarantine EVEN if you have a negative COVID-19 test

OR

- You are unwilling or unable to actively monitor your child or yourself

Release on Day 15

For all options, you must take your temperature once daily. IF you have even mild symptoms, or have a temperature of 100.0 F, you must immediately self-isolate, contact your doctor, and get tested.

If anyone you came into contact with has any of these symptoms, they should go get tested and then stay home while they wait for results.

Stay in contact with your school nurse during your quarantine and before you return to school. Please forward any COVID-19 test results and Board of Health release letters to the school nurse before returning.

Thank you for your active cooperation in keeping yourself, your family, and your community healthy and safe.