

AMARILLO PUBLIC HEALTH QUARANTINE AND ISOLATION GUIDANCE FOR CHILD CARE PROGRAMS – MARCH 2022

A NOTE ABOUT MASKING: CDC AND AMARILLO PUBLIC HEALTH STRONGLY RECOMMEND UNIVERSAL INDOOR MASKING IN EARLY CARE SETTINGS FOR THOSE 2 YEARS AND OLDER REGARDLESS OF VACCINATION STATUS.

I. ISOLATION

A. What is isolation?

Isolation is the practice of separating people with confirmed or suspected COVID-19 from those without COVID-19 diagnosis or symptoms to prevent transmission of COVID-19. Isolation occurs in the event of a person showing symptoms, have tested positive for COVID-19 and have symptoms, or has tested positive and are experiencing no symptoms.

B. Who needs to isolate?

Persons who have a confirmed positive COVID-19 test need to isolate regardless of vaccination status.

- People who have had a confirmed positive COVID-19 test, regardless of symptom status.
- People with symptoms of COVID-19 including people that are waiting for test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone infected with COVID-19.

C. How long should CHILDREN enrolled in school and child care programs isolate?

- Per CDC guidelines children without symptoms that are over the age of 2 can end isolation after 5 full days and return to the ECE program if they can **wear a mask consistently and correctly** while in the ECE program.
 - Meeting this expectation will not be possible if the children are not socially distanced during nap time and mealtimes while still safely under provider supervision.
- Children who experienced symptoms can end isolation after 5 full days and return to the ECE program if they are **fever-free** for 24 hours* and can **wear a mask consistently and correctly** while in the ECE program.
 - Meeting this expectation will not be possible if the children are not socially distanced during nap time and mealtimes while still safely under provider supervision.
- For children **under the age of 2** with a positive test regardless of symptom status will **complete a full 10-day isolation** and can return to the ECE program on day 11 as long as they have been fever-free for 24 hours*.

* Fever free for 24 hours without the use of fever suppressing medications. Fever is a temperature of 100° Fahrenheit (37.8° Celsius) or higher.

D. How long should STAFF in childcare isolate?

Regardless of vaccination status, any staff that tests positive for COVID-19 regardless of symptom status must isolate for at least 5 days.

- **Adults in child care programs who have symptoms** may end isolation after 5 full days if they are fever-free for 24 hours and symptoms are improving.
- **Adults in child care programs who did NOT have symptoms** may end isolation after at least 5 full days after first full day of symptoms or positive viral test.
- **Those who were severely ill with COVID-19 or are immunocompromised** should isolate for at least 10 days and consult with their doctor before ending isolation.

⚠ If the individual is unable or unwilling to consistently wear a mask around others they should isolate for a full 10 days. Special consideration should be noted on whether the staff will be able to socially distance themselves while working when their mask must be removed. i.e. meals and breaks.

II. QUARANTINE

A. What is quarantine?


Quarantine is the practice of keeping people who have been in close contact* with someone infected with COVID-19 away from others. Those who quarantine are people that have been exposed, this quarantine is based on their vaccination and booster status as well as previous infection in the past 90 days.

* **Close contact** is defined as someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over 24 hours. For example, three individual 5-minute exposures for a total of 15 minutes. People who are exposed to someone with COVID-19 after they completed at least 5 days of isolation are not considered close contacts.

B. Who does not need to quarantine?

If an individual falls under one of the following scenarios they do not need to quarantine.

- Those that have received and up to date on all recommended COVID vaccine doses, including boosters, and additional doses for some immunocompromised people.
- Those that have had a **confirmed** case of COVID-19 in the past 90 days.
- Children that are 5+ and have received a full primary vaccine series in the last 6 months do not need to quarantine and can return to normal activities only if they are **masking consistently while around others**.

 **Parties that fall under these scenarios should wear a well-fitting mask around others for 10 days from the date of exposure. If possible, get tested at least 5 days after being exposed. If you test positive or develop symptoms of COVID-19 follow isolation guidelines stated in section II.**

C. Who should quarantine?

If an individual under one of the following scenarios they should quarantine:

- Staff or children that are having any symptoms related to COVID after being exposed
- Staff or children, regardless of vaccine status, that are unable or unwilling to wear a well-fitting mask when around others for the full 10 days from break in contact with the positive case.
- Children who are under the age of 2 will isolate for a full 10 days from last exposure* due to contraindications on masking.
- Those that have completed the primary series* of the recommended vaccines (Pfizer or Moderna) over 6 months ago and **have not** received a **booster**.
- Staff members that have received a single-dose Johnson & Johnson vaccine over 2 months ago and **have not** received a **booster**.
- Staff that has not received any recommended vaccination.
- Children 2+ that have not received vaccinations:

D. How long is quarantine?

- Children who are under the age of 2 will isolate for a full 10 days from last exposure* due to contraindications on masking.
- Staff and children 2+ could **potentially** return to the program after 5 days, days 6-10, from last exposure* ONLY IF the following can be met:
 - The child can consistently wear a well-fitting mask for days 6-10 after exposure when they return
 - **AND**
 - They can be distanced appropriately from others, when unmasked such as, during snacks, meals, and naps, while still being safely supervised.

📌 If these criteria cannot be met, these children should **quarantine for 10 full days.**

📌 If individuals in quarantine develop symptoms, they should get tested immediately and isolate until they receive their test results. If they are confirmed positive follow isolation recommendations

III. CALCULATING ISOLATION & QUARANTINE

A. Isolation

- **If you have COVID-19 and are symptomatic**, day 0 is your first day of symptoms. Day 1 is the first **full** day after your symptoms developed.
- **If you test positive for COVID-19 and never develop symptoms**, day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for the positive test.

B. Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact*** with a person who has COVID-19. Stay home and away from other people during quarantine.

IV. EXAMPLE SCENARIOS

Scenario 1: A child in the 1-year-old class tests positive, all of the other children in the class are close contacts. Because children under 2 cannot mask, all children in the class will quarantine for 10 days from that date of contact.

Scenario 2: A child in the 4-year-old class tests positive, all of the other children are close contacts. If masking is not consistent and there is not enough room for each child to be 6 feet apart during naps, meals, and snacks all the children in the class should quarantine for a full 10 days.

Scenario 3: A child in the 4–5-year-old class tests positive.

- Children in the class that are **up to date on COVID-19 vaccinations** can participate **AS LONG AS:**
 - They wear a well-fitting mask **consistently** for days **6-10**.**AND**
 - They are **physically distanced from others when the mask is removed (eating and napping)**
- **Children who are not up to date on COVID-19 vaccinations:**
 - Quarantine for 10 full days if they **CAN NOT** mask consistently **AND** be 6 feet apart from others when eating and napping**AND**
 - Quarantine for 5 full days and mask days 6-10 after exposure, **only if they CAN mask consistently AND be 6 feet apart from others when the mask is removed.**


Scenario 4: A child in a class tested positive.

Teacher A is up to date on recommended COVID-19 vaccination **AND** boosters.

- No quarantine unless they develop symptoms.
- Wear a well-fitting mask for 10 full days following exposure
- Physically distance 6 feet while around others while unmasked.

Teacher B is not up to date on recommended COVID-19 vaccine and booster.

- Isolate at home for days 0-5
- AND**
- If still symptom-free on day 6 they may return to work if:
 - They agree to stay consistently masked days 6-10
 - Can stay 6 feet away from others during times of being unmasked.

 If at any point the staff member exhibits symptoms of COVID-19 they need to get tested and return to isolation until they have received test results and symptoms have been resolved for 24 hours.