

## St. Francis de Sales School Return to School Guidance

This document is meant to help guide our students for a return to school after an illness, or COVID exposure. Each case is different, and guidance may be applied differently, but all guidance is done with the safety of all of our students and staff in mind.

St. Francis has had a COVID response team since February of 2020 and continues to meet at least twice a week as COVID cases, protocols, and guidelines continue to change. This team is coordinated by Mr. Andrew Klinger, as Director of Operations for St. Francis de Sales School. If you would like more information about St. Francis's response to COVID, he can be contacted at [aklinger@sfsknights.org](mailto:aklinger@sfsknights.org)

At any point during this process please feel free to contact Mrs. Debbie Spegele, the School Nurse at [dspegele@sfsknights.org](mailto:dspegele@sfsknights.org) or 419-214-5457 or Mr. Andrew Klinger, COVID-19 Response Coordinator, at [aklinger@sfsknights.org](mailto:aklinger@sfsknights.org) to answer any questions and help guide you through this process.

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### Isolate vs. Quarantine

It can be very confusing to know what to do if a person is told they are positive for COVID and need to **ISOLATE**. Likewise, it can also be just as challenging if a person is told that they or a family member needs to **QUARANTINE**. The following is a simple explanation of what needs to be done for both situations.

#### Scenario 1:

A person has symptoms (Day 1):

Sore throat, runny nose, scratchy throat, headache, fatigue, cough, fever... (Fever does not need to be present to have COVID.)

Begin preliminary QUARANTINE until you determine if symptoms are progressing or persisting. Call your medical doctor to determine if you need a COVID test. Continue to QUARANTINE until the results are in.

**QUARANTINE** is meant to keep someone who might have been exposed to COVID away from others. People who quarantine should stay home, separate from others and monitor their health. If a person in quarantine is unable to stay completely away from other family members at home or in a car, they should wear a mask.

What to do if the results come back positive for COVID?

Now it is time to ISOLATE.

**ISOLATION** keeps someone who is infected with COVID away from others, even in their home. A person who is positive for COVID should stay in their bedroom and ideally, have their own bathroom to use. Family members should bring food to the person isolating and leave it outside of the door. The person who is positive should not have direct contact with other family members. The person who is isolating, needs to do so for 10 days (Day 1 is the first day that symptoms began). The person may return to normal activities after the 10th day from the onset of symptoms, fever free for 24 hours without using fever-reducing medicine and symptoms have significantly improved. Return to work or school occurs on Day 11, not Day 10.

### **Scenario 2:**

A person is told that they need to QUARANTINE due to close contact with someone who is infected with COVID. Close contact is someone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or for asymptomatic patients, 2 days prior to the test specimen collection) until the time the patient is isolated. 15 minute exposure can also include exposures added together over a 24 hour period (three-5 minute exposures for a total of 15 minutes)

The QUARANTINE count of 7-14 days begins on the last day the person was exposed to the person who tested positive for COVID. This means that if John Smith begins to show symptoms on December 1st, anyone who came in close contact with John on November 29th and 30th will have to Quarantine.

Options for QUARANTINE:

- Quarantine for a minimum of 7 days if a negative COVID (PCR) test is obtained on or after day 5 or later of QUARANTINE.
- Quarantine for 10 days, no negative test is required as long as no symptoms occur. Continue to monitor symptoms until 14 days after exposure. If any symptoms do occur during this 10 day time period, the QUARANTINE cannot end at Day 10, you should immediately self-isolate. If a family member is ISOLATING due to a positive COVID test, and that person is unable to fully isolate, the rest of the family members need to QUARANTINE for a total of 24 days: 10 days for the infected person to isolate plus 14 days for the rest of the family to QUARANTINE since the last day of exposure was on Day 10.

Wear your mask and stay well!

The steps for navigating through symptoms, quarantine, isolation, and return to school are illustrated below with a flow chart. We will help you work through these steps if you have any questions.

## St. Francis de Sales School COVID Guidance Flow Cart

[Start Here](#) – If you have a Positive PCR test within the last 3 months, you are exempt from these guidelines.

**\*\*Disclaimer:** These are only guidelines for return to school and activities for St. Francis de Sales School. Some cases may not be able to conform to these guidelines completely. Please contact to school for guidance. Please seek medical attention if you are having a medical emergency. These guidelines are meant to help guide you through this process, but as information is ever changing, this will be updated as best as possible. As your medical provider may give other guidance, the following procedures are for St. Francis de Sales School, and the school has the discretion of when a student may return, based on the information below.

