



**Public Health**  
Prevent. Promote. Protect.

Shawnee County Health Department

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## Interim Guidance for Isolation and Quarantine in Shawnee County Schools

December 31, 2021

### ISOLATION

#### ISOLATION DEFINITION

Isolation means keeping separate individuals who are infectious with a contagious disease. It is don't to keep other people safe by preventing the spread of disease. Individuals who test positive for COVID-19 are considered to be infectious and must isolate until they are no longer an infectious risk to others.

#### ISOLATION TIMELINE

The isolation period for COVID-19 is a minimum of five (5) days isolation at home + an additional five (5) days wearing a mask. Students and staff may return to school after the five (5) day home isolation if symptoms are improving, no fever for 24 hours (without fever-reducing medication) and able to wear a mask for the additional five (5) days.

If unable to wear a mask, students and staff must isolate at home for a minimum ten (10) days.

The first day of isolation is considered Day 0. This is the day symptoms started (onset), or in the absence of symptoms, the day the positive test was collected. Isolation at home is completed on Days 1-5 and a mask is worn on Days 6-10. The earliest return to school is Day 6. See below for an example.

Symptom onset January 1st (1/1):

Date	1/1	1/2	1/3	1/4	1/5	1/6	1/7	1/8	1/9	1/10	1/11	1/12
Day	0	1	2	3	4	5	6	7	8	9	10	11
Action	Onset	Home	Home	Home	Home	Home	Mask	Mask	Mask	Mask	Mask	Done

## **QUARANTINE**

### **QUARANTINE DEFINITION**

Quarantine means keeping separate individuals who have been exposed to a contagious disease via a close contact. It is done to keep other people safe by preventing the spread of disease. Quarantine is especially important for COVID-19 because individuals are contagious up to 48 hours before they develop symptoms.

A common misconception is that “healthy” individuals do not need to quarantine. However, even individuals who are otherwise healthy are capable of spreading the disease to others. It is for this reason that quarantine is necessary.

Individuals who have been in close contact with a laboratory-confirmed case of COVID-19 *or* have recently traveled to a location with high COVID-19 transmission must quarantine until they are no longer at risk of spreading the disease to others.

*Close contact is defined as the following:*

- *Being within 6 feet of a laboratory-confirmed COVID-19 case for a cumulative 10 minutes or more in a 24-hour period; or*
- *Living with the person or staying overnight for at least one night in a house with the person; or*
- *Direct contact with the infectious secretions of the person*

### **QUARANTINE TIMELINE**

The quarantine period for COVID-19 is a minimum of five (5) days quarantine at home + an additional five (5) days wearing a mask. Students and staff may return to school after the five (5) day home quarantine if no symptoms have developed and are able to wear a mask for the additional five (5) days. A COVID-19 test is recommended five (5) days after exposure.

If unable to wear a mask, students and staff must quarantine at home for a minimum ten (10) days.

The first day of quarantine is considered Day 0. Quarantine at home is completed on Days 1-5 and a mask is worn on Days 6-10. The earliest return to school is Day 6. See below for an example.

Exposed on January 1st (1/1):

<b>Date</b>	<b>1/1</b>	<b>1/2</b>	<b>1/3</b>	<b>1/4</b>	<b>1/5</b>	<b>1/6</b>	<b>1/7</b>	<b>1/8</b>	<b>1/9</b>	<b>1/10</b>	<b>1/11</b>	<b>1/12</b>
Day	0	1	2	3	4	5	6	7	8	9	10	11
Action	Exp.	Home	Home	Home	Home	Home	Mask	Mask	Mask	Mask	Mask	Done

Individuals are asked to monitor for symptoms for a full 14 days after exposure and immediately get tested if symptoms develop.

## **HOUSEHOLD CLOSE CONTACT QUARANTINE**

An extended quarantine period is required for any individual who has a member of their household infected with COVID-19. The household contact exposes the entire household to COVID-19 for the entire duration of the isolation period, which is at minimum five (5) days. For this reason, the individual must quarantine throughout the household contact's home isolation period (5 days) plus their own home quarantine (5 days home quarantine + 5 days mask).

## **QUARANTINE EXEMPTIONS**

The following are situations in which the Shawnee County Health Officer has determined the close contact to be low-risk through one or more of the following mitigation factors: vaccine immunity, ventilation, physical distancing, or correct use of masks. Individuals exposed in these low-risk situations are not required to quarantine. Individuals exempted from quarantine must wear a mask when indoors for 10 days after exposure with a recommendation to test five (5) days after exposure.

### **Vaccine Immunity**

- Students and staff who have completed their Pfizer or Moderna COVID-19 primary vaccine series within the past 6 months.
- Students and staff who have received a Janssen (J&J) COVID-19 primary vaccine dose within the past 2 months.
- Students and staff who have received a COVID-19 booster dose

### **Outdoors**

Close contacts which occur outdoors are exempted from quarantine if asymptomatic.

### **Specific School Scenarios**

- Preschool, Pre-K, Kindergarten, Elementary and Middle school students in the classroom, on the bus or during indoor recess/gym and both individuals wore their masks correctly for the entire duration of the close contact.
- Preschool, Pre-K, Kindergarten, Elementary and Middle school staff in close contact with a student in the classroom, on the bus or during indoor recess/gym and both individuals wore their masks correctly for the entire duration of the close contact.
- High school students in the classroom, on the bus or during indoor gym/weightlifting and both individuals were spaced 3 feet apart *and* wore their masks correctly for the entire duration of the close contact.
- High school staff in close contact with a student in the classroom, on the bus or during indoor gym/weightlifting and both individuals were spaced 3 feet apart *and* wore their masks correctly for the entire duration of the close contact.

## **MODIFIED QUARANTINE**

The Shawnee County Health Officer has adopted modified quarantine orders for schools, and these orders are in accordance with current Kansas laws and regulations. In Shawnee County, this modified quarantine is entitled Test to Learn/Test to Play.

Schools are not required to participate, and each school will determine if the staffing and resources are available to offer this modified quarantine option to its students. Testing and masks are the key elements to maintaining in-school quarantine while protecting the safety of vulnerable students and staff.

### **Application**

Test to Learn/Test to Play applies only to in-school learning and participation in school-related events. When not engaged in school or a school-related event, the student or staff member must quarantine at home.

### **Eligibility**

The student or staff member must meet all of the following criteria:

- Has had a close contact to COVID-19 at school, at home or in the community.
- Does not already qualify for quarantine exemption.
- Does not have a household contact in isolation for COVID-19. (Becomes eligible once the household contact has been released from isolation.)
- Has opted-in with informed consent. Minors will need informed consent from a parent or guardian.
- **Those who do not opt-in will complete quarantine at home**

### **Testing**

In the five (5) days following last exposure, the student or staff member must complete a rapid antigen or rapid NAAT (PCR) test prior to attending school or a school-related activity. The rapid test should result in less than one hour. Tests may be school-based or conducted at a community testing location. The negative test result must be known before the student or staff member continues school activities, and the result must be verified and documented by the school. Over-the-counter home-based tests and/or verbal report of a negative test result are not acceptable.

Students or staff members who test negative may continue in-school learning and participation in school-related events for the following 24 hours. Those who test positive must immediately isolate at home, and contact tracing should be completed by the school. Those who, for whatever reason, do not complete a test must quarantine at home for that day.

Schools performing on-site tests must apply for a [CLIA certificate of waiver](#). Positive cases must be reported within 4 hours to the local health department. All test results (positive and negative) must be reported to KDHE via LabXchange within 24 hours.

Students or staff members should not be in proximity to other students or staff until a negative test result is known. For school-based testing, the student or staff member should go directly to be tested on arrival to school. They should not ride the bus or carpool with students or staff from other households unless a negative test result has already been collected that day.

**Symptoms**

The participating student or staff member must be screened daily for COVID-19 symptoms prior to completing a test. Those who are asymptomatic may be tested with either an antigen or NAAT (PCR) test. Those who are experiencing symptoms must have a negative **NAAT (PCR)** test to continue in-school learning and school-related events that day. See KDHE's [Symptoms in Children](#) for symptoms consistent with COVID-19.

**Duration**

The duration of the Test to Learn/Test to Play quarantine is consistent with quarantine guidance (see above).

**Masks**

Students and staff members must properly wear a mask for the ten (10) days following exposure when indoors during school or participating at indoor school-related events. The agreement to properly wear a mask should be included in the informed consent.