

DMA's Guidelines/Policy Response to COVID-19

1. Once we find out a cadet is positive for COVID-19, we will do contact tracing within the school and sports setting. Please be willing to quickly provide information regarding the 48 hours prior to the positive test/start of symptoms. Below are some of the questions that will be asked by the school nurse. If you are able to send the answers to these questions with the positive COVID test result to the school nurse, that would be helpful. Please see below for questions. This information will be passed along to DPH for further evaluation.

Questions for COVID positive person:

1. Why did your cadet get tested? Exposure? Symptoms? Something else?
 2. What symptoms does your cadet have?
 - a. What specific date did they start?
 3. Does your cadet play any sports? If so, what sport?
 - a. What was the last day your cadet attended the sport for practice or game?
 - b. Does your cadet ride with anyone to a sports game or practice and/or home? If so, who?
 4. When was the last day your cadet was in the school building?
 5. Does your cadet ride a bus? Which bus? Who sits with your cadet?
 - a. If no bus, how do you get to school?
 6. Have you been around any DMA cadets since symptom start date and/or test date?
 7. Is your cadet vaccinated?
 8. Has anyone in your household tested positive?
 9. Please send test result to school nurse with the answers to the above questions.
2. Positive COVID case attendance and schoolwork:
 - Asynchronous work will be provided. If you have any questions, please reach out to your teachers.
 - Attendance will be updated upon return to school.
 3. Based on the information provided by parents, coaches, and staff members from DMA, a close contact list will be made. This information will be sent to DPH as required by the State to help with contact tracing of a communicable disease.
 4. What is a close contact?
 - In schools, a close contact is defined as any student within 3 feet while wearing masks or any adult within 6 feet. Students who were more than 3 feet from an infected student are not considered close contacts if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. Adults who were more than 6 feet from an infected student or adult are not considered close contacts.
 5. Parents of close contact cadets will be informed by DMA on what to do next.
 - **VACCINATED**
 - Although a vaccinated individual identified as a close contact does not need to quarantine, the individual should wear a face covering for 14 days or until they receive a negative test result after testing 3-5 days following exposure. The individual should monitor symptoms for 14 days. Please refer to infographic on page 3.
 - **UNVACCINATED**
 - If an unvaccinated student is a close contact of a positive case, the student should quarantine for 10 days from the date of his or her last exposure to the positive

case member, or 7 days with a negative test, either PCR at day 5 or 6 following the exposure or an Antigen test on the 7th day after exposure. Example: If exposure was on a Tuesday, a test could be taken as early as Sunday. If negative, the quarantine period could end and normal activities could resume on Wednesday (7 full days after exposure). Individuals should continue to monitor symptoms for 14 days after exposure. Please refer to infographic on page 3.

- Please be aware that if **unvaccinated**, your cadet’s name and a parent phone number will be provided to DPH as required by the State. You will receive a phone call from DPH telling you your cadet needs to quarantine and other information as well.
 - You will be required to log in to Schoology for asynchronous work. You will be marked as an excused absence for attendance and will be required to do all asynchronous work for classes. Assignments are not excused.
 - Attendance will be updated upon return to school.
- Can I use a home test?
 - No, a home test is not valid in these situations. The tests have to be a PCR test or a rapid test done by a medical provider that is sent to a lab. Home tests are more for getting a quick answer for yourself.
 - What if I don’t want to get my cadet tested?
 - **Vaccinated**
 - Your cadet will be required to wear a mask inside and outside for 14 days post-exposure.
 - **Unvaccinated**
 - Your cadet will be required to quarantine for 10 days and may return on day 11.
 - What if my cadet cannot wear a mask for medical reasons?
 - DMA is requiring a licensed medical doctor’s note stating exemption from mask mandate. This should be from your cadet’s primary care provider who is an MD or DO.
 - What do we do if another member of the household test’s positive for COVID-19?
 - If a member of the cadet’s household has tested positive for COVID, the cadet will need to quarantine at home if **unvaccinated**. If the cadet is **vaccinated**, they will not need to quarantine, but should still avoid the positive family member until their isolation period end and follow the ‘**vaccinated**’ instructions on infographic attached.

Please understand that these guidelines may change per DPH’s guidance per each situation. This is being provided to give you and understanding of the process, but it is not guaranteed for every situation

Example of exposure vs quarantine end date for **unvaccinated and **vaccinated**:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Last day of exposure to positive person	DAY 1	DAY 2	DAY 3 TEST*	DAY 4 TEST*	DAY 5 TEST TEST*	DAY 6 TEST
DAY 7 TEST	DAY 8 May return if had negative test	DAY 9	DAY 10	DAY 11 May return if no test taken but no symptoms		*May remove mas where allowed

How to Respond to Positive COVID-19 Tests & Close Contacts in School Settings



What is the definition of a close contact in school settings?

In schools, a close contact is defined as any student within 3 feet while wearing masks or any adult within 6 feet. Students who were more than 3 feet from an infected student are not considered close contacts if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. Adults who were more than 6 feet from an infected student or adult are not considered close contacts.

UNVACCINATED

VACCINATED

TEST POSITIVE FOR COVID-19

ISOLATE

- Report positive case to school nurse/COVID coordinator.
- Provide information for any close contacts from the school environment.
- With Symptoms -- You can be around others:
 - 1) 10 days after symptoms first appeared**AND**
 - 2) 24 hours with no fever without the use of fever-reducing medications**AND**
 - 3) Other symptoms of COVID-19 are improving
(Note: Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.)
- Without Symptoms:
 - Isolate for 10 days since your positive COVID-19 test.

CLOSE CONTACT WITHOUT SYMPTOMS

GET TESTED & QUARANTINE

- Quarantine until tested.
- Wear a mask around others.
- Get tested 5-7 days after exposure.
- **If positive**, isolate for 10 days since your positive COVID-19 test. Follow guidance for after testing positive for COVID-19 in the first box above.
- **If negative**, end quarantine after Day 7. Monitor for symptoms for 14 days.

GET TESTED & MONITOR

- No quarantine required.
- Get tested 3-5 days after exposure.
- Wear a mask around others for 14 days. If your test 3-5 days after exposure is negative, you no longer need to wear a mask *(except when required)*.
- Monitor for symptoms for 14 days.
- **If positive**, follow guidance for after testing positive for COVID-19 in the first box above.

CLOSE CONTACT WITH SYMPTOMS

GET TESTED & ISOLATE

- Wear a mask and get tested. Stay home and isolate while you are waiting for your test results. If your test is negative, please talk with the school nurse and/or DPH epidemiologists to determine if you should be considered a probable case.
- **If positive**, follow guidance for after testing positive for COVID-19 in the first box above.

SYMPTOMS WITH NO KNOWN EXPOSURE

WEAR A MASK AND GET TESTED

- Wear a mask and get tested. Stay home and isolate while you are waiting for your test results.
- **If positive**: Follow guidance for after testing positive for COVID-19 in the first box above. Report case to school nurse/COVID coordinator and provide close contacts.
- **If negative**: Stay home while you have symptoms.

Social Distancing in Schools

CDC recommends **schools maintain at least 3 feet of physical distance between students within classrooms, combined with indoor mask wearing** to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is especially important to **layer multiple other prevention strategies**.

Read full CDC Guidance for K-12 Schools:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>

**These procedures outline general guidelines, but each case is assessed based on the facts of each unique situation.
Design based on document issued by Haines Borough, Alaska: <https://www.hainesalaska.gov/covid19>

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