

Dear Parents and Guardians,

The governor announced plans to get more of our young learners back to school. We have been very fortunate to already have our youngest learners in school. Unfortunately, many young learners around the state have not been in school since March. We will work to implement any of the new ideas put out by the Governor today, but at this point we have been implementing many of the suggestions for Pre-K-6 already.

Our goal is to have our 7-12 back in some form of Hybrid learning when we return from winter break. As a parent and educator, we understand the less than perfect learning mode distance learning is for many of our children. We want students to safely return to the building as soon as possible. More details on this will be coming next week. The Governor also announced today that sports will be starting again on January 4th, so watch for more details on this as well.

One big change that has recently come out of the CDC and MDH is the ability to shorten quarantine time in some cases. **Attached is the new quarantine times that we will be using after break (January 4).** Also attached is the shortened quarantine request form that must be completed for a shortened quarantine. Parents will be responsible for completing this form and the required documentation for quarantine to be shortened. Note that not all quarantine situations can be shortened. Please work with our school nurse Tiffany Boraas if you find yourself in a quarantine situation and need to discuss the timeline.

Thank you,

Michael Harvey
Zumbrota-Mazeppa Superintendent of School

Zumbrota-Mazeppa COVID-19 Updated Quarantine Guidance: December 16, 2020:

The Zumbrota Mazeppa School District will begin to implement the CDC and MDH updated recommendations for quarantine after we return from break on January 4, 2021.

MDH, CDC and Mayo Clinic still recommend a full 14-day quarantine and want people to know the science behind the 14-day quarantine has not changed. The new quarantine recommendations are focused on behavioral science. It is felt that shortening quarantine will decrease the burden on families and employers and hopefully increase quarantine compliance. I would like to stress that the safest option is still to stay home and away from others for 14 days after an exposure to a positive case of COVID-19.

There are many things that families need to know about these guidance changes that I will review in detail below.

- 1.) **14 day quarantine will still be required for any contact within a household, any contact who works in a healthcare field or anyone who lives/works in a congregate care setting (nursing home, group homes, etc.)**
- 2.) Shortened quarantine is only an option for the following select groups:
 - a.) Close contacts who have had a 1-time exposure
 - i.) Applies to school/sports exposures, work exposures, exposures at social gatherings/events, someone who traveled out of state for reasons other than work.
 - b.) Close contacts who are asymptomatic
 - c.) Close contacts who have NOT tested positive for COVID-19
- 3.) Anyone who uses the shortened quarantine guidelines must follow this guidance:
 - a.) Must continue to monitor symptoms for a full 14 days
 - b.) Must isolate and get tested if they develop even 1 less common symptom
 - c.) Must continue to wear a mask
 - d.) Must maintain physical distancing of 6 feet

14 Day Quarantine:

- If someone in the household has COVID-19.
- You live in a building with other people, where it is hard to stay away from others and easy to spread the virus to multiple people.
- **You can not test out of a 14 day quarantine.**
- Still recommend testing, no sooner than 5-7 days after exposure

14-Day Quarantine - the safest option.



10 Day Quarantine:

This option may be considered only if:

- You do not have any symptoms
- You have not had a positive COVID-19 test
- No one in your household has COVID-19 and you do not live in a building with other people where it is hard to stay away from others and easy to spread the virus to multiple people.

10-Day Quarantine



Even after 10 days you must still:

- Watch for symptoms through day 14. If you have even one less common symptom, stay home, separate yourself from others and get tested right away.
- Continue to wear a mask and socially distance (at least 6 feet) from other people.

7 Day Quarantine:

This option may be considered only if:

- You get tested for COVID-19 on or after day 5 after close contact with someone with COVID-19 and it is **NEGATIVE**
- You do not have any symptoms
- You have not had a positive COVID-19 test
- No one in your household has COVID-19 and you do not live in a building with other people where it is hard to stay away from others and easy to spread the virus to multiple people.
- **You can NOT end quarantine before 7 days for any reason!!**

7-Day Quarantine - requires a negative COVID-19 test.



Even after 7 days you must still:

- Watch for symptoms through day 14. If you have even one less common symptom, stay home, separate yourself from others and get tested right away.
- Continue to wear a mask and socially distance (at least 6 feet) from other people.

It will be the families responsibility to fill out the appropriate paperwork to request shortened quarantine and get negative test results to the school nurses **before** any students may return to school. These negative test results must be collected on or after their 5th day of quarantine to qualify for shortened quarantine. They must also be asymptomatic for the duration of quarantine in order to qualify for early return.

The negative COVID-19 test must be a PCR test.

- PCR tests can be administered via nasal swab, oral (throat swab) or saliva test
- Antigen or antibody tests can **NOT** be used to shorten quarantine.

How to count quarantine days:

- Day 0 is the day of exposure.
- Day 1 is the first day of quarantine.
- Day 5 is the first day that an exposed person would be eligible to get tested to shorten the quarantine period.
- Day 8 is the first day that persons with a **negative test** on 7 day quarantine may return to work/school.
- Day 11 is the first day that persons on 10 day quarantine may return to work/school.
- Day 15 is the day that persons on 14 day quarantine may return to work/school.

All Close contacts who qualify for shortened 10 or 7 day quarantine must continue to monitor symptoms for the full 14 days after exposure and are agreeing to isolate and get tested again if they develop even 1 less common symptom during those 14 days.

Student athletes who are required to quarantine will not be eligible to return to sports practices/games until after the 14 days of quarantine. The requirements for shortened quarantine state that you must be able to mask and maintain at least 6 feet of distance which is not possible in sports practices and games. Students may shorten quarantine to return to school, but not sports.

We hope that these shortened quarantine dates help to lessen the burden on families and on staff that are required to quarantine. Thank you for your continued support and understanding as we navigate the challenges of managing COVID-19 in the school.

Please let me know if you have any questions or concerns.

Sincerely,

Tiffany Boraas, RN
Licensed School Nurse
District COVID-19 Coordinator
Zumbrota Mazeppa School District
tiffanyb@zmsch.k12.mn.us

SHORTENED QUARANTINE REQUEST (FOR CLOSE CONTACTS)

Per the [new MDH close contact guidelines](#), students who have one close contact experience may be considered for an earlier return date to school if they meet certain criteria. To request an early return for your child please fill out the following areas and provide any necessary supporting documentation. For ALL early returns, students must have no symptoms and have had only one close contact exposure.

***If a household member is positive for COVID, you do not qualify for early return and need to quarantine for the full 14 days.**

Student Name (print clearly): _____

Parent/Guardian Name(s): _____

Age, Grade, School: _____

10 DAY QUARANTINE REQUEST (return after finishing 10 full days of quarantine)

Check the following that apply to your child (ALL must be checked to qualify):

- 1) My child has no symptoms
- 2) My child has NOT tested positive for COVID
- 3) No one in my child’s household has tested positive for COVID
- 3) After the 10-day quarantine, I agree to monitor my child for symptoms through day 14 and keep them home if **any** symptoms would appear

7 DAY QUARANTINE REQUEST (return after finishing 7 full days of quarantine)

Check the following that apply to your child (ALL must be checked to qualify):

- 1) My child has been tested for COVID-19 **at least five full days** after their close contact exposure, and the test is negative. To qualify, **test must be a PCR test** - please check with your doctor. Negative results with appropriate date (5+ days after exposure) must be provided to the school with this form.
**Please note, day one starts the day after exposure. Ex: close contact occurred on Friday at 3pm , earliest date of test could be Wednesday at 3 pm (Sat = day 1, Sun = day 2, Mon = day 3, Tue = day 4, Wed = day 5)*
- 2) My child has no symptoms
- 3) My child has NOT tested positive for COVID
- 4) No one in my child’s household has tested positive for COVID
- 5) After the 7-day quarantine, I agree to monitor my child for symptoms through day 14 and keep them home if **any** symptoms would appear

Documentation of a PCR COVID negative test must be attached to this form if a 7-day quarantine is being requested. By signing this, you agree that the above checkmarks are all correct.

Parent Signature

Date

District Nurse Signature

Date