



Quarantine Information

DEAR ROCKFORD FAMILIES

The purpose of a newsletter is to provide information to the Rockford Public School community members regarding what to anticipate if your student has been identified as a close contact to someone who has tested positive for COVID-19.

ACADEMICS

Your student's teacher(s) will be in contact with them through Schoology or Seesaw. If the majority of the class has also been identified as close contacts, a virtual learning platform may be utilized similar to the first weeks of the school year.

Protecting your loved ones and community while in quarantine:

- ◆ **Stay home and avoid contact with others** (this includes school activities and non-school related activities).
- ◆ Monitor for symptom development. If you begin to have symptoms, contact your health care provider. **All household members should remain home immediately if you have symptoms.**
- ◆ Cover your mouth and nose with a face covering.
- ◆ Wash hands with soap and water for 20 seconds or use hand sanitizer frequently.
- ◆ Maintain social distance of 6 feet when possible and limit interactions with people and pets.

In this letter:

- **COVID-19 symptoms**
- **Quarantine Recommendation**
- **Infection Control Practices**
- **Return from Quarantine Process**

Symptoms of COVID-19:

- Cough
- Fever/Chills
- Headache
- Nausea
- Vomiting
- Diarrhea
- Fatigue
- Shortness of Breath
- Sore throat
- Muscle/Body Aches
- Congestion or runny nose
- Loss of sense of smell or taste

Quarantine vs Isolation:

Quarantine: those who are in close contact to someone who has COVID-19 must remain home for 14 days *after the last date of exposure*. This may be in addition to the isolation period if a person is positive within the household.

Isolation: those who are positive for COVID-19 must remain home for a minimum of 10 days after the onset of symptoms, and have improvement in symptoms, and be fever free for 24 hours.

Ending Quarantine:

Some people exposed to a case of COVID-19 will not develop symptoms and can test negative until day 14, therefore **a negative test does not end a quarantine period.**

Your student's school will contact you near the end of quarantine (usually on day 14) to ensure your student meets all criteria for return for the safety of our school community. This will be in an email to you with a request to complete a form.

