

-From the School Nurse Desk-

January Health Reminders

Important Dates:

- NO SCHOOL January 18th
Martin Luther King Jr. Day

New Quarantine Guideline Options from WVDHHR:

Releasing Individuals from Quarantine

Duration of quarantine applies from the last date of exposure to an infectious case (Day 0).

<p>Option 1: Quarantine period can end after Day 14 without testing. Post-quarantine transmission risk: 0%-3%</p>	<ul style="list-style-type: none"> • Day 0-14 quarantine for close contacts can end if no symptoms develop during daily self-monitoring. • Persons quarantined for 14 days without testing. • This option maximally reduces risk of post-quarantine transmission and is the strategy with the greatest collective experience at present. • This is recommended in settings where there are high-risk individuals and closed congregate settings.
<p>Option 2: Quarantine period can end after Day 10 without testing and if no symptoms have been identified during daily self-monitoring. Post-quarantine transmission risk: 1%-10%</p>	<ul style="list-style-type: none"> • Day 0-10 quarantine for close contacts can end if no symptoms develop during daily self-monitoring without testing. • Self-monitoring and mask wearing should be continued through Day 14. • If an individual develops symptoms within the 14-day quarantine period, immediately isolate and contact the local health department to report change in clinical status. • Persons should be educated on correct and consistent mask use, social distancing, cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation and self-monitoring for symptoms.
<p>Option 3: Quarantine period can end after Day 7 if someone tests negative (PCR or antigen test) and if no symptoms have been identified during daily self-monitoring. Post-quarantine transmission risk: 5%-12%</p>	<ul style="list-style-type: none"> • Day 0-7 quarantine for close contact can end if COVID-19 test is negative and if no symptoms develop during daily self-monitoring. • Specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation. • Self-monitoring and mask wearing should be continued through Day 14. • If an individual develops symptoms within the 14-day quarantine period, immediately isolate and contact public health to report change in clinical status. • Persons should be educated on correct and consistent mask use, social distancing, cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation and self-monitoring for symptoms.

Caring for individuals with COVID-19:

Limit contact
* Ill person should wear mask when around others

Wear gloves when touching sick person or their personal items.
Discard gloves and wash hands immediately after

Wash hands and disinfect surfaces frequently

Encourage rest and fluids