

Back to School and COVID-19

Your school has been working diligently throughout the summer to return students to a safe and effective learning environment.

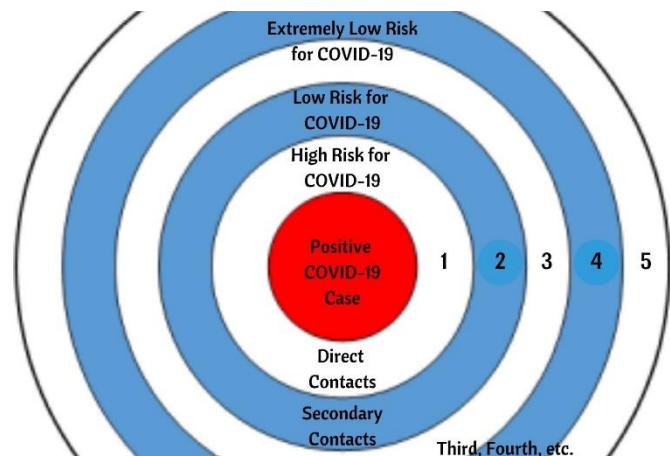
General COVID-19 Information

People with COVID-19 have had a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths, noses or eyes of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Contact Tracing

- **Direct Contact:** A direct contact is someone who has been within 6 feet of a known positive case for 15 minutes or more. These individuals may be required to quarantine for 14 days.
- **Secondary Contact:** A secondary contact is someone who has been in close proximity with a Direct Contact; however, they were not directly exposed to a positive case.
- **Third, Fourth, Fifth, etc. Contacts:** Those who have been around someone who was around someone who was exposed to the virus. Their risk is extremely low.



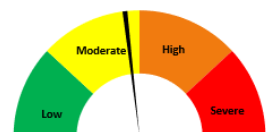
Isolation and Quarantine

- Isolation is used to separate people infected with COVID-19 from people who are not infected. The duration of isolation is a minimum of 10 days plus 24 hours fever-free.
- Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. The duration of quarantine is a minimum of 14 days.

Your school has developed isolation and quarantine policies for students, staff, and teachers. If there is a confirmed positive case within the school, immediate measures will be taken to isolate the sick individual and quarantine his or her direct contacts.

Community Risk Dial and School Illness Surveillance

Guidance will be provided to school superintendents weekly according to the Community Risk Dial at www.swhealth.ne.gov. Local health data is used to determine what level of risk your community and school are currently experiencing. This includes school surveillance—schools will report how many students are out of school because of illness and what symptoms they are experiencing.



There have been many partners involved in these return-to-school policies, so we know with your cooperation we will be able to keep students safe and help provide them with a quality education.

WHAT TO EXPECT IF THERE IS A POSITIVE CASE OF COVID-19 AT SCHOOL

The person who tested positive will self-isolate at home.

Immediately

Please call your school right away to let them know if you or your child tests positive or has symptoms of COVID-19, and keep your family at home. This will keep others safe and help keep school in session.



Direct contacts will self-quarantine at home.

14 Days

Students, teachers or staff who had direct contact with the positive will stay in quarantine at home because they are at higher risk of getting COVID-19. It takes 14 days to know if they will get sick or not.

The health department will work with the school to identify contacts.

24 Hours

Anyone who had contact with the positive case will get a call from public health contact tracers to determine their risk for COVID-19. The name of the positive case will be given to school administration to help with contact tracing.



Low-risk contacts will self-monitor for symptoms.



Students, teachers and staff who were around the direct contacts of the positive (secondary contacts) have very little risk of getting COVID-19. They can watch for symptoms and stay in school. They may be asked to wear a mask or social distance more.

