



January 13, 2022

Dear DCPS Staff, Families and Community,

We would like to share some health and safety updates based on the newest information from the Centers for Disease Control (CDC) and the Virginia Department of Health (VDH). The information provided below provides a summary of these updates. Please reference the **DCPS Health and Safety Measures** for details on the DCPS website at <https://www.dinwiddie.k12.va.us/return-to-learn/health-safety-measures/>.

New Guidance for Returning to School After Quarantine or Isolation

The CDC issued new guidance <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html> for isolation and quarantine in late December, with multiple updates in January. This guidance reduces isolation and quarantine to five days. The VDH states that school districts may choose to continue more stringent isolation and quarantine requirements or may implement the new CDC guidance. DCPS will adopt the new guidance as outlined below.

Return Guidance for Individuals with COVID-19

Individuals who are COVID-19 positive are able to return to school when **ALL** of the following criteria are met regardless of vaccination status:

- Individual completes at least 5 days of isolation from symptom onset for symptomatic individuals or 5 days since testing positive (day test administered); **AND**
- Individual is fever free for 24 hours without fever-reducing medication; **AND**
- Individual's symptoms have improved; **AND**
- Individual must continue to wear a well-fitting face mask at school

Return Guidance for Individuals Who Are Close Contact Exposures

Individuals who are close contacts and required to quarantine are able to return to school when **ALL** the criteria for one of the two options below is met:

Option 1:

- Individual completes five days of quarantine; **AND**
- Individual is asymptomatic (no symptoms are present); **AND**
- Individual must continue to wear a well-fitting face mask at school

OR

Option 2:

- Individual completes ten days of quarantine; **AND**
- Individual is asymptomatic (no symptoms are present)
- Individual with medical mask exemptions will need to utilize Option 2 to return from quarantine

Exemptions from Quarantine for Close Contact Exposures

If an individual is identified as a close contact exposure, he/she may be exempt from quarantine if:

- Able to meet the CDC criteria of one of the following groups:
 - Ages 18 or older and have received all recommended Covid-19 vaccine doses, including boosters and additional primary shots for some immunocompromised people
 - Ages 5-17 and have completed the primary series of Covid-19 vaccines
 - Confirmed Covid-19 positive viral test (can include rapid test, self-test, or laboratory test) within the last 90 days

**If you were exposed and meet the qualifications for exemption from quarantine, the individual must take these steps:*

- Wear a well-fitting face mask around others for 10 full days from the date of last close contact/exposure date any time you are around others inside your home or in public.
- Monitor your health for Covid-19 symptoms. If you develop symptoms, isolate immediately, get tested, and follow isolation guidance.

Updated Health and Safety Guidance Documents

The best source of the most up-to-date information is available on the DCPS website at <https://www.dinwiddie.k12.va.us/return-to-learn/health-safety-measures/>

When It's Safe to Be Around Others - VDH

https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf

CDC Quarantine and Isolation Information

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

If you have specific questions or concerns, please contact your child's school nurse. We appreciate your assistance as we work together to keep our school community healthy and safe.

Sincerely,

Michelle Powell

Michelle Powell
Coordinator of Student Services