



Cohasset Schools Health Office COVID-19 Fact Sheet

Updated 9/13/23

Isolation and exposure guidance and protocols

- **Close Contact:** Quarantine is no longer required nor recommended for children or staff in school settings, regardless of vaccination status or where the exposure occurred. All exposed individuals may continue to attend programming as long as they remain asymptomatic. If symptoms develop, follow the guidance for symptomatic individuals, below.
- **Symptomatic:**
 - At home: Individuals should test prior to attending school if they are sick and suspect that they have COVID-19
 - At school: Individuals should be sent home and allowed to return to school if symptoms remain mild and they test negative, or they have been fever-free for 24 hours without the use of fever-reducing medication and their symptoms are resolving, or if a medical professional makes an alternative diagnosis. A negative test is strongly recommended for return.
- **Positive Test:** Regardless of vaccination status, you should isolate from others when you have COVID-19. Stay home for at least 5 days and isolate from others in your home.
- **Isolation Timeline:**
 - If you had no symptoms
 - Day 0 is the day you were tested (not the day you received your positive test result)
 - Day 1 is the first full day following the day you were tested
 - If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset
 - If you had symptoms
 - Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
 - Day 1 is the first full day after the day your symptoms started
- **Ending Isolation:**
 - If you had no symptoms, you may end isolation after day 5
 - If you had symptoms and:
 - Your symptoms are improving, you may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medication)
 - Your symptoms are not improving, continue to isolate until:
 - You are fever-free for 24 hours (without the use of fever-reducing medication)
 - Your symptoms are improving
 - If you had symptoms and had:
 - Moderate illness (you experienced shortness of breath or had difficulty breathing), you need to isolate through day 10
- **Removing Your Mask**
 - If the individual is able to mask, they should do so through Day 10. However, if the individual has a negative test on Day 5 or later, they do not need to mask.
 - If the individual is unable to mask, they may return to programming with a negative test on Day 5 or later

Classroom Assignments: If staying home, please be aware that there is no longer remote learning available. You or your child should contact your child's Principal and/or teacher(s) to determine if they will be providing any assignments. At the middle and high school levels, students are also encouraged to log into their Google Classroom during this time. Please contact your school nurse if your child is absent for any COVID-19 related reasons.

Contact tracing: Contact Tracing is no longer recommended or required in these settings, but schools or programs must continue to work with their Local Board of Health in the case of outbreaks.

Masking Requirements: The Commonwealth is not recommending universal mask requirements, surveillance testing of asymptomatic individuals, contact tracing, or test-to-stay testing in schools. Any individual who wishes to continue to mask, including those who face higher risk from COVID-19, will be supported in that choice. For those who need or choose to mask, masking is never required in these settings while the individual is eating, drinking, sleeping or outside.

COVID-19 Vaccinations: All individuals are encouraged to stay up to date with vaccination as vaccines remain the best way to help protect yourself and others.

School Nurse Information

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"COVID-19 Isolation and Exposure Guidance for Children and Staff in Child Care, K-12, Out-of-School Time (OST) and Recreational Camp/Program Settings." *Mass.gov*, <https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-children-and-staff-in-child-care-k-12-out-of-school-time-ost-and-recreational-camp-program-settings>. Accessed 9/6/22.

"Isolation and Precautions for People with COVID-19." *CDC.gov*, <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>. Accessed 9/13/23.