



Return to Learn Update: New CDC Guidance

December 14, 2020

As you know, the Centers for Disease Control (CDC) recently updated their recommendations for a quarantine period. The CDC currently recommends a quarantine period of 14 days for close contacts but has offered some additional options for a shortened quarantine period if individuals are asymptomatic and certain criteria are obtained.

In working with the Polk County Health Department, who establish our local quarantine options, the standard quarantine will remain 14 days in alignment with the CDC's recommendations. However, the following options are available to shorten quarantine, per the Polk County Health Department, for those who are able to demonstrate they remain **asymptomatic**.

- A quarantine can end after day 10 without testing if no symptoms have been reported during daily monitoring. Before returning to school, students must be cleared by their building nurse.
- A quarantine can end after day 7 with a negative test and if no symptoms were reported during daily monitoring. The test must be completed on or after day 5. Before returning to school, students must be cleared by their building nurse.

These alternatives are applicable for a return to the academic setting where masks can be worn at all times. Per Polk County Health Department, students must appropriately wear a mask during activities (including practices and competitions) for the remainder of the 14-day quarantine. If a student cannot do this, they will not be able to return to the activity until the end of the 14-day quarantine.

If your child is currently completing a close contact quarantine and you want to discuss the early return criteria, please contact your school nurse.