



BRIDGEWATER-RAYNHAM REGIONAL SCHOOL DISTRICT

HEALTH SERVICES

Close Contact With COVID-19

The purpose of this communication is to inform you that _____, has had close contact with an infectious, COVID-19 positive individual. **Classroom and Bus** Close Contact requiring quarantine, has been recently redefined by DESE/MDPH as exposure to an infectious covid-19 positive individual within **3 feet for 15 minutes or more in a 24-hour period, with masks worn by both parties inside the classroom or bus.**¹ **BRRSD requires quarantine for 10 days** following such an exposure. However, **outside of the classroom or bus activity**, the close contact definition of exposure to an infectious covid-19 positive individual within **6 feet** or less for at least **15 minutes in a 24-hour period** will apply.¹ These activities include sports, lunch, extracurricular activity and exposure where both parties did not have masks on. CDC and MDPH recommendations strongly urge COVID-19 testing on day 5 or later post exposure.¹

Exemptions to this protocol are as follows:

- Individuals 14 days post complete covid-19 vaccination, but prior to 91 days post vaccination. **CDC Vaccination Record Card documentation is required.** As more research evolves regarding how long immunity from the vaccine lasts, this period of immunity may get extended.^{2 3}
- Individuals who tested covid-19 positive within 90 days of date of exposure. **Medical documentation required**

A safe, in-person school environment requires ongoing collaborative effort of adherence to the health and safety guidelines outlined by the State. Those guidelines specific to **close contact with a positive COVID-19** individual include:

- Dismissal from school via parent/guardian pick up (**NOT BUS**) and begin 10-day quarantine of **“Stay At Home”**
- Contact Medical Care Provider
- Isolate prior to test and while waiting for results
- Test on day 5 or later, after last exposure
- Avoid contact with higher risk individuals within family (grandparents and underlying medical conditions)
- Review COVID-19 symptoms⁴
- **Negative test** from day 5 post exposure – **must still complete 10-day quarantine (Illness may take up to 14 days after exposure to occur and requires full 14 days of active ongoing monitoring for symptoms. Isolation is required if symptoms develop!)**
- **Positive test** - Remain home in self-isolation for 10 days **and** until at least 24 hours have passed with no fever and improvement in other symptoms, then return may occur
- If **Positive**, answer the call from local board of health or MA Community Tracing Collaborative to assist with contact tracing
- If **No Testing** is elected, - remain home in self quarantine for 10 days from last date of exposure

Feel free to contact your school nurse with any questions or concerns.

TOGETHER, WE ARE BR STRONG!

¹ <https://www.doe.mass.edu/covid19/on-desktop/protocols/>

² <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

³ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>