

COVID-2019 K-12 Guidance

Please keep in mind that guidance is subject to change as we continue to learn more about the nature of COVID-19. These guidelines were last updated on [July 15, 2020](#).

Frequently asked questions:

1. What is the purpose of case investigations and contact tracing?
 - i. A “case” is an individual who is a confirmed case of COVID-19. Case investigation involves monitoring patients with suspected or confirmed infection, and working with these individuals to recall their activity leading up to and during the infectious period.
 - ii. Public health staff perform contact tracing in order to identify individuals who are close contacts to a confirmed case of COVID-19 and provide them with education and information, including what they should do to separate themselves from others who are not exposed. Close contacts will be told to monitor themselves for illness, follow mandated quarantine guidelines, and be aware of the possibility that they could spread the infection to others even if they do not feel ill.

2. What is the difference between isolation and quarantine? Why are we doing it?
 - i. Isolation is for an individual who is a **known case** of COVID-19. Isolation periods are issued in order to separate people infected with the virus from people who are not known to be infected.
 - ii. Quarantine is used to **keep someone who has been exposed** to COVID-19 away from others who have no known exposure. Quarantine periods are issued to **close contacts** in order to help prevent spread of disease that can occur before a person knows that they are infected with the virus.

3. Will a negative COVID test allow my child to return to school before quarantine/isolation is over?

No, a negative COVID-19 test will not allow your child to return to school before their quarantine/isolation is over. Positive cases and exposed individuals have minimum isolation or quarantine criteria that are issued by public health staff, which must be met regardless of test results.



4. Will I get a statement saying my child is out of quarantine/isolation?

- i. If your child **is identified as a positive case** of COVID-19, they will receive an isolation release letter from the public health staff that has been managing their case once release criteria has been met.
- ii. If your child **is identified as a close contact** and issued a quarantine period, you will receive a letter with information regarding the length of their quarantine period. This document can be presented as a quarantine release form once the duration and criteria listed for release are met.

5. How will I be notified if my child is exposed at school?

If an individual in the facility is identified as a positive case of COVID-19, the local health department will coordinate with school officials to determine who may have been exposed and send out written notification with information regarding what steps to take.

6. If someone in my household has contact with a positive case of COVID-19, should my entire house quarantine?

Only the person in my household who had direct contact with the case will be instructed to quarantine. Other household members who were not directly exposed to the confirmed case (contact to a contact) will not be instructed to quarantine unless the contact becomes a case. At that point, the household would meet the criteria for close-contact.

7. If someone in my household becomes a positive case of COVID-19, should my entire house quarantine?

Yes. If an individual in your home has tested positive, those that live there have been exposed and are considered as “household contacts.” These individuals should begin quarantine and self-monitoring for symptoms immediately and wait for further instruction from public health staff.



8. How will school, and before/after school care programs know my child has COVID?

Positive cases of COVID-19 are required to be reported to public health. Cases who live in the Barren River District Health Department jurisdiction are assigned a case manager. The case managers work in partnership with school officials to identify and notify anyone who may have been exposed.

9. What is considered effective hand washing?

Scrub with soap and water for **at least 20 seconds** when hands are visibly soiled, before and after eating, and after using the restroom. When utilizing hand sanitizer, the CDC recommends using a solution that is **at least 60% alcohol**.

10. What is the purpose of a face covering?

Respiratory droplets can travel up to 6 feet and land in the mouth or nose from coughs, sneezes, and talking. Face coverings do not provide 100% protection, but they can greatly reduce the risk of transmission when **combined** with social distancing, proper hand hygiene, and staying at home when ill. It is still important to **perform hand washing frequently**.

11. What kind of face covering is required?

The CDC recommends a cloth face covering versus surgical masks or N95 respirators, as we need to reserve these resources for first responders and healthcare workers. An effective face mask should be multiple layers and cover both the nose and the mouth. There is a tutorial on how to construct an efficient face covering on the following CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

12. Are there any exemptions to wearing a face covering?

Per Kentucky Healthy at School Guidelines, students who are enrolled in first grade and above and staff should be required to wear a cloth face covering, unless medically waived.

13. If classmates and teachers are masking how would my child get exposed?

Although masks can significantly lower the risk of spreading the virus, they are not 100% effective and **do not** replace social distancing. Even when both individuals are wearing a mask, a minimum distance of 6 feet should still be maintained. Your child also may have been exposed by touching a surface or object with the virus on it, then touching their own mouth, nose, or eyes. **Practicing good hand washing is a good way to prevent this.**

14. What symptoms should I watch out for?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

For further questions or concerns, feel free to contact the health department Monday-Friday
 8 a.m. to 4:30 p.m.



Barren River District Health Department
 1109 State Street
 Bowling Green, Kentucky 42101
 (270) 781-8039