



## Forest Grove School District COVID-19 Quarantine Protocol 2021-2022

This information is designed to assist students and staff who have been exposed to someone who has tested positive for COVID-19, or who have developed COVID-19 symptoms. It was developed using information from the Washington County Health Department and is aligned with CDC and OHA COVID-19 quarantine guidelines..

After being exposed to COVID-19, it is very important to self-quarantine to prevent further spread of the virus. Quarantine means staying at home, not going to work and staying out of public places.

Staff and students who are ill must stay home from school and will be sent home if they become ill at school, particularly if they have COVID-19 symptoms.

**Contact Tracing Process:** We want to help you and those around you stay safe and healthy. The district is required to partner with our local public health authority to engage in the contact tracing process. If you or your student is exposed to COVID-19, or has tested positive, you will be contacted by a district employee who has been trained in the process. You may be asked for specific health information that is required by our LPHA, and is necessary for us to contain and mitigate the spread of COVID-19 in our schools. We ask that you have patience and grace with us as we do our best to implement practices that are sometimes confusing and emotional.

### Vaccinated

If you are fully vaccinated, you are not required to quarantine if the following are true:

1. You've had two doses in a 2-dose series or one dose in a single-dose vaccine series  
**AND**
2. You are at least 14 days past the final vaccine dose at the time of your exposure  
**AND**
3. You have not shown any symptoms since your current COVID-19 exposure.

If you are fully immunized, you should still monitor yourself for symptoms of COVID-19 during the 14 days after exposure, and if symptoms develop, you should isolate and seek testing.

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### Unvaccinated

- **No symptoms:** The District requires a minimum of 10-day quarantine for all unvaccinated people exposed to COVID-19 that do not have any symptoms. There is a small but significant chance in transmission of COVID-19 from days 11-14 so it is important to continue to monitor for symptoms for a full 14 days even if your quarantine ends early.
- If you or a household member becomes ill with COVID-like symptoms during your quarantine, the district may extend your quarantine to prevent others from becoming ill

### Symptomatic (vaccinated and unvaccinated)

- The District requires all people with COVID-19 symptoms to isolate for 10 days, beginning on the day first symptoms appeared,  
**AND**
- 24 hours with no fever, without the use of fever-reducing medications  
**AND**
- Other symptoms of COVID-19 are improving.

The district will notify you of the date you can return.

### Guidance (after testing)

#### Positive test:

- New Positive: If you have already tested positive, it is very important you self-isolate and follow the directions of your provider until a public health or district staff confirms your isolation period.
- New Positive after vaccination: If you tested positive after receiving 1 or 2 doses of vaccine you still need to isolate. Break through cases can happen as no vaccine creates 100% immunity in all people.

#### Negative test:

- If you tested negative, we still require that staff and students quarantine for the full 10 days.