

Close Contact and Quarantine Guidance; Updated July 8, 2021

Marion Independent School District follows the Iowa Department of Public Health “When to Quarantine” guidance, which means that quarantine is the determination of the family within the guidance below. As noted in the graphic, an individual is identified as a close contact when they have been within 6 feet of the COVID-19 positive individual for 15 minutes within a 24 hour period. Although an individual may be deemed a close contact, if both the positive individual and the close contact were properly wearing masks, the close contact will self-monitor rather than quarantine. If the contact is fully vaccinated, they will not need to quarantine. A fully vaccinated contact will only need to self-monitor. If a contact was diagnosed within the past three months with COVID, that contact will not need to quarantine, but will need to self-monitor.



If one or both individuals were not properly wearing a mask, the close contact will have the option to quarantine based on the determination of the parent. Please note, if an individual is a close contact due to exposure to a household member who tests positive, that individual will be required to quarantine.

The date of exposure is considered Day 0 (zero). Per Iowa Department of Public Health guidelines, the family of the close contact should make the decision regarding quarantine. The close contact MAY stay home to quarantine and follow the guidelines below until Day 14.

- **Without a COVID-19 test and without symptoms:** Quarantine can end **after Day 10** without testing **AND** if no symptoms have been experienced during daily monitoring. Resume normal activities on day 11. It is important for the close contact to continue with self-monitoring for symptoms. If the close contact develops symptoms, begin the isolation procedures for individuals with confirmed **OR** suspected COVID-19 listed below.
- **If symptoms do develop**, the individual should be evaluated by a healthcare provider. If the individual tests positive for COVID-19, the individual **must isolate** for 10 days from symptom onset, or from the date of the positive test if asymptomatic. The individual may return to school/regular activity once the following 3 things have happened:
 - No fever for at least 24 hours (without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when cough or shortness of breath have improved)
AND
 - at least 10 days have passed since symptoms first appeared, or since the date of positive test if asymptomatic.

Symptoms of COVID-19 may include the following: New cough or change in cough, shortness of breath/difficulty breathing, new loss of taste or smell, fever of 100.4 or greater, headache, muscle/body aches, fatigue, sore throat, runny nose, congestion, nausea/vomiting, or diarrhea.