

Dear Families:

The Massachusetts Department of Public Health (MDPH) has identified a positive case of COVID-19 (novel coronavirus) in your child's classroom at **Child Care/School Name** on **date(s)**. MDPH has determined that your child has been identified as a close contact of the case, and therefore needs to stay home until your child is cleared by a public health authority.

MDPH recommends your child be tested for COVID-19 even if they are not showing any symptoms. Please contact your health care provider to schedule a test or visit <https://www.mass.gov/covid-19-testing> to find a testing site near you. Your child can receive either an antigen test or a PCR test (no earlier than 5 days after their exposure).

If your child's test results are positive, follow recommendations for cases of COVID-19. Even if their results are negative, they need to stay home until their strict quarantine period ends via one of the following Quarantine Options. Your child will be released from quarantine by a public health authority.

OPTIONS	CRITERIA
7 Days of Strict Quarantine	Can Return on Day 8 (insert Day 8) after last exposure IF: <ul style="list-style-type: none"> A test taken on Day 5 or later is negative; AND The individual has not experienced any symptoms; AND The individual conducts active monitoring through Day 14
10 Days of Strict Quarantine	Can Return on Day 11 (insert Day 11) after last exposure IF: <ul style="list-style-type: none"> The individual has not experienced any symptoms; AND The individual conducts active monitoring through Day 14. No test is necessary under this option
14 Days of Strict Quarantine	Can Return on Day 15 (insert Day 15) after last exposure IF: <ul style="list-style-type: none"> The individual has experienced <u>ANY symptoms</u> during the quarantine period EVEN if they have a negative COVID-19 test; OR The individual indicates they are unwilling or unable to conduct active monitoring.

If your child starts feeling ill, isolate them at home and away from other household members as much as possible and seek testing right away. The main symptoms to watch for are fever, cough, difficulty breathing, muscle aches, feeling tired, loss of taste or smell and diarrhea and vomiting.

For more information on quarantine, please see the following MDPH website:

<https://www.mass.gov/guidance/information-and-guidance-for-persons-in-quarantine-due-to-covid-19>

You may call your town's [Local Board of Health](#) or the Massachusetts Department of Public Health as needed with concerns or questions at 617-983-6800.

Resources that you may find valuable are:

- MDPH Coronavirus: <https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19>
- Tips to make COVID-19 isolation and quarantine easier: <https://www.mass.gov/isol8>
- Massachusetts Local Board of Health Directory: <https://mhoa.com/municipal-links/>

Please keep in communication with your child's school nurse and your local board of health regarding your plans for any of the above quarantine options, any changes in your child's health, or any test results during this time.

Sincerely,

Name