

## **Shortened Quarantine Guidelines for Students of Fieldcrest CUSD #6 Effective 1/5/2021**

Fieldcrest Families:

The CDC and IDPH have updated quarantine rules for students who have been exposed to COVID.

A Shortened **10-day** Healthy Quarantine:

- An **Exposure Date is essential**. This date can be the day of last known contact with a positive testing person or the positive testing person's actual test date, whichever is known. This is Day 0. The next day is Day 1.
- Between **Day 5 to 7 is the optimum testing time**. Or if symptoms develop, especially the loss of taste & smell as this is the hallmark sign of COVID.
- **The test HAS to be by the PCR method. Results will be sent to your email. Click on "View Report" to get actual results report.**  
The results are sent to Nurse Nancy by email. [reiter@unit6.org](mailto:reiter@unit6.org)
- **No "point of contact", quick or rapid tests are accepted.**
- If you have **NO SYMPTOMS** with a **NEGATIVE PCR** test, you will be allowed to return to school at 10 days from the Exposure date (Day 0).
- You **MUST self-certify every day on TEACHER EASE online for the next 4 days.**
- **Any symptoms you will stay home for the full 14 days.**

If you have COVID symptoms and a Positive test, your quarantine is 10 days as you have been incubating for 4 days already. Isolate the ill in the household!! Mask usage in the home.

**If you choose NOT to Test, you need to quarantine for full 14 days.**

Additional COVID rules will always apply:

- Correct & consistent mask use, covering nose & mouth!!
- Social distancing
- Hand & cough hygiene
- Environmental clean & disinfecting
- Avoid crowds
- Adequate indoor ventilation
- Monitor for any COVID symptoms
- Minimize contact with people who are at increased risk for more severe COVID cases.