Outbreak Response Protocols: Pre K-12

Guidance for COVID-19 outbreak response in Pre K-12

Version 2.1-Update February 15, 2021
Summary of Changes to the Playbook

• Version 1.1 (September 14, 2020)
  • Clarification that household contacts of a probable case must quarantine pending test results, but school contacts do not need to quarantine pending test results

• Version 1.2 (October 1, 2020)
  • Clarification that you need a negative PCR test to return to school, not just a negative rapid (antigen) test
  • Fever and chills were split into two symptoms instead of one in the definition of a probable case
Summary of Changes to the Playbook

• Version 1.3 (October 21, 2020)
  • Explanation of infectious period and close contacts
  • Overview of case investigation/contact tracing process
    • What schools should expect
    • What documents schools should have on hand
  • Frequently asked questions
    • Travelers
    • School portal
    • Testing
    • Quarantine
Summary of Changes to the Playbook

• Version 1.4 (November 19, 2020)
  • Clarifying isolation and quarantine
  • Frequently asked questions
    • Questions about close contacts in schools
    • Can I test out of quarantine?
    • Household member 24-day quarantine
    • End of quarantine testing
    • What is the EdOC?
Summary of Changes to the Playbook

• Version 2.0 (January 6, 2021)
  • Updated quarantine guidance
  • Recommending testing for all close contacts
  • Fever and chills- one symptom
  • Clarification on travel guidance
  • No more probable case reporting
Summary of Changes to the Playbook

• Version 2.1 (February 15, 2021)
  • Clarification of isolation for asymptomatic individual who develops symptoms
  • Clarification of isolating within the household
  • Quarantine for bus contacts
  • Guidance and policies for winter sports
  • Guidance if positive in the last 90 days
  • Guidance if symptomatic within 90 days of testing positive
  • Updated international travel quarantine guidance
  • Additions to Travel and Quarantine FAQs
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close contact</td>
<td>Being within 6 feet of an infected person (with or without a face mask) for a cumulative 15 minutes, over a 24-hour period or having unprotected direct contact with secretions or excretions of a person with confirmed COVID-19 during the infectious period.</td>
</tr>
<tr>
<td>Community transmission</td>
<td>Occurs when individuals acquire COVID-19 through contact with someone in their local community, rather than through travel to an affected location.</td>
</tr>
<tr>
<td>Confirmed case</td>
<td>A person who has tested positive for SARS-CoV-2 infection (the virus that causes COVID-19).</td>
</tr>
<tr>
<td>Contact tracing</td>
<td>Process of identifying individuals who have had close contact (see definition above) with someone infected with COVID-19.</td>
</tr>
<tr>
<td>Consistent/Stable Group</td>
<td>A consistent group of students and staff who interacts with each other but not with members of other groups on a regular basis. Groups should be as small as possible, with maximum numbers outlined in the different reopening scenarios. When in a stable group, each group must physically distance themselves from each other and from other consistent groups.</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
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<td>-------------------------------</td>
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</tr>
<tr>
<td>COVID-19</td>
<td>Abbreviation for the disease caused by the novel coronavirus SARS CoV-2.</td>
</tr>
<tr>
<td>EdOC</td>
<td>Education Operation Center. The Education Operations Center (EdOC) is an interagency center located at the R.I Department of Education that bring together expertise from a range of state agencies to collaborate, coordinate, and communicate efficiently with schools.</td>
</tr>
<tr>
<td>Incubation period</td>
<td>The time between exposure to an infection and the appearance of first symptoms. The virus that causes COVID-19 has an incubation period of two-14 days.</td>
</tr>
<tr>
<td>Infectious period (asymptomatic cases)</td>
<td>Two days prior to testing (the date of the swabbing was conducted) until CDC criteria to discontinue isolation are met.</td>
</tr>
<tr>
<td>Infectious period (symptomatic cases)</td>
<td>Two days before symptom onset until CDC criteria to discontinue isolation are met.</td>
</tr>
</tbody>
</table>
## Glossary

<table>
<thead>
<tr>
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</tr>
</thead>
</table>
| Isolation  | Process of separating individuals who are infected with COVID-19 from others. Isolation lasts a minimum of:  
  • 10 days from symptom onset if symptomatic.  
  • 10 days from the date of specimen collection (test) is asymptomatic.  
  • 20 days for individuals with severely immunocompromising conditions. |
| Protocol   | Recommended actions to follow if a probable or confirmed case of COVID-19 occurs.                                                                                                                         |
| Probable case | Individual who has at least one of the following symptoms: cough, shortness of breath, or difficulty breathing, new loss of smell or new loss of taste, OR at least two of the following symptoms: fever (measured > 100.4 degrees Fahrenheit or subjective) or chills (rigors), body aches (myalgia), headache, sore throat, nausea or vomiting, diarrhea, fatigue, or congestion or runny nose. |
| Quarantine | Process of separating and restricting the movement of individuals who were in close contact with someone who tested positive or had symptoms of COVID-19. Persons in quarantine should self-monitor for 14 days for symptoms and seek medical advice as needed. RIDOH recommends all close contacts of people with COVID-19 get tested on day 5 of quarantine or later. |
## Glossary

<table>
<thead>
<tr>
<th>Term</th>
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</tr>
</thead>
<tbody>
<tr>
<td>RIDE</td>
<td>Rhode Island Department of Education.</td>
</tr>
<tr>
<td>RIDOH</td>
<td>Rhode Island Department of Health.</td>
</tr>
<tr>
<td>Screening</td>
<td>Assessing individuals for symptoms of COVID-19 verbally or via self/parent attestation. Temperature checks may be performed by the school if desired.</td>
</tr>
<tr>
<td>Symptomatic individual</td>
<td>A person who is experiencing one or more of the symptoms of COVID-19 as defined in <a href="https://www.cdc.gov">CDC guidelines</a>.</td>
</tr>
<tr>
<td>Testing</td>
<td>Two types of tests are available for COVID-19: viral tests and antibody tests. Viral tests indicate if you have a current infection while antibody tests indicate a previous infection. Throughout this document, 'testing' refers to the viral test to diagnose a person with COVID-19.</td>
</tr>
</tbody>
</table>
Symptoms of COVID-19

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

Not All Symptoms of COVID-19 Make Someone a Probable Case

Any ONE symptom: PROBABLE
- Cough (new)
- Shortness of breath or difficulty breathing
- New loss of taste or smell

Any TWO symptoms: PROBABLE
- Fever or Chills
- Muscle or body aches
- Headaches
- Sore throat
- Fatigue
- Congestion or runny nose (new)
- Nausea or vomiting
- Diarrhea
Probable Case of COVID-19

CDC defines a probable case as an individual who meets the following criteria.

One of the following symptoms:
- Cough (new)
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell

Two of the following symptoms:
- Fever
- Chills (rigors)
- Muscle aches (myalgias)
- Headache
- Sore throat
- Nausea or Vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose (new)

Any student who meets the probable case definition should notify RIDOH by reporting through the RIDOH School Portal. The student should be isolated and arrangements should be made for pickup. The parent/guardian should be given the K12 Call Center Number and encouraged to schedule a test.

When to Call for Emergency Care

A person with the following symptoms needs emergency medical attention. Call 911 and notify the operator that you are seeking care for someone who may have COVID-19.

- Difficulty breathing
- Persistent pain or pressure in chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list does not reflect all possible symptoms requiring emergency care.

What Is the Infectious Period for COVID-19?

- **Symptomatic Cases**
  - Two calendar days prior to symptom onset until 10 days after symptom onset.

- **Asymptomatic Cases**
  - Two calendar days prior to testing (the date of the swabbing was conducted) until 10 days after the date of testing.
Isolation Versus Quarantine

• **Isolation** is for the ill or infected:
  • Separating individuals who are infected with COVID-19 from others.
  • Stay home and isolate from household members as much as possible.

• **Quarantine** is for contacts:
  • Keeps someone who may have been exposed to the virus away from others.
  • Individuals who may have been exposed must stay home and monitor for symptoms.
How Is a Close Contact Defined?

• **Close contact**
  
  • Individual who has been within six feet of an infected person (with or without a face mask) for a cumulative 15 minutes over a 24-hour period during the infectious period:
    
    • i.e., Two 10-minute interactions during the day.
  
  • Individual who has had unprotected direct contact with secretions or excretions of a person with confirmed COVID-19 during the infectious period:
    
    • i.e., Infected person coughed directly in someone’s face.
How Long Is Isolation?

• Symptomatic
  • At least 10 days since symptoms first appeared (20 days if severely immunocompromised); and
  • At least 24 hours with no fever without fever-reducing medication; and
  • Other symptoms of COVID-19 are improving.
    • Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

• Asymptomatic
  • 10 days from the date of individual was tested (20 days if severely immunocompromised).
  • If symptoms develop during isolation, date of symptom onset is Day 0 and follow isolation duration for a symptomatic person.

Quarantine Guidance (Updated December 10, 2020)

- Two options to shorten 14-day quarantine
  - Close contacts may quarantine at home for 10 days from the last time they were in contact with the infected individual.
    - Individuals must continue to watch for symptoms until day 14.
  - Close contacts may shorten quarantine at home to seven days if they have a negative result from a test (either PCR or antigen test) taken at least five days after they were in contact with the infected individual.
    - Individuals must continue to watch for symptoms until day 14.
Quarantine Guidance (Updated December 10, 2020)

- **14 days**: Recommended for residents of long-term care facilities.
  - **Quarantine at home**

- **10 days with no testing**: Everyone else
  - **Quarantine at home**
  - Released from quarantine but watch for symptoms and be cautious

- **7 days with testing**: Everyone else
  - **Quarantine at home**
  - Released from quarantine after receiving negative test result, but watch for symptoms and be cautious

**Day 0**: Date of last known exposure
**Day 5**: Earliest day to get a test
**Day 7**
**Day 10**
**Day 14**
CDC Rationale for Change in Quarantine Guidance

- **10-Day Quarantine without testing**
  - The post-quarantine transmission risk is approximately 1% (upper limit of 10%).
  - A negative test result at day 10 reduces the risk to approximately 0.3%.

- **Seven-Day Quarantine with negative test result on day 5**
  - The post-quarantine transmission risk is approximately 5%, (upper limit of about 12%).

Testing of ALL Close Contacts (Updated December 10, 2020)

• RIDOH recommends **ALL** close contacts of people with COVID-19 get tested (with an antigen or PCR test) on day 5 of quarantine or later.

  • This will assist in detecting asymptomatic infection and isolating quickly to prevent further spread.
Which Quarantine Option to Pick?

- **Executive Order issued by the Governor** allows for three quarantine options for close contacts of a person with COVID-19:
  - 14-day quarantine;
  - 10-day quarantine (monitoring for symptoms through 14 days); or
  - Seven-day quarantine with negative test result (antigen or PCR) on day 5 or later (monitoring for symptoms through 14 days).

- RIDOH does **not** dictate which options **schools/districts should** choose to implement.

- RIDOH **does** encourage schools to inform their community which option they have chosen to implement.

**NOTE:** The CDC continues to endorse 14-day quarantine as the safest protocol but has released new data and information to allow local public health officials to modify policies based on local conditions and needs. Learn more at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)
School Quarantine Policies

• How can schools communicate to families why they chose to enforce the quarantine option they selected?
  • RIDOH playbook includes recommendations and guidance.
  • Shorter quarantine policies for close contacts and travelers come with increased risk.
  • Schools have discretion to implement more stringent policies.
  • Schools can determine the risk-benefit assessment that is best for their school community.
Isolation Within the Household

- A person in isolation is considered **separated from others while in isolation within the household if**
  - The isolated person remains in the household but stays in their own bedroom at all times and uses their own bathroom without sharing any common areas with others in the household.
  - The isolated person remains in the household but on a completely separate floor or living area at all times (e.g., separate apartment within the house).
  - Either the isolated person or the other household members temporarily move out of the household while the case is in isolation.
Quarantine for Household Members Who **CANNOT** Separate from a Person in Isolation Within the Household

- Household members need to quarantine while the infected individual is in isolation (until 10 days after symptom onset or swab date if asymptomatic) and then start their own quarantine.

- Last day of isolation for the case is Day 0 for the household members.

- Household members have three options starting on Day 0:
  
  - **Option 1:** 14 days (total of 24 days in quarantine—released on day 25);
  
  - **Option 2:** 10-day (total of 20 days in quarantine—released on day 21); or
  
  - **Option 3:** Seven-day with a negative test result on day 5 or later (total of 17 days in quarantine—released on day 18).
Quarantine for Household Members Who CAN Separate from a Person in Isolation within the Household

- Household members would start their quarantine from the date of last exposure to the infected household member (called “Day 0”).
- Day 0 is the last day that household members and the infected household member shared living space:
  - Spent time together in the same rooms;
  - Were in close contact (closer than six feet for more than 15 minutes during 24 hours).
- Household members have three options for quarantine starting on Day 0:
  - **Option 1:** 14 days (released on day 15);
  - **Option 2:** 10-day (released on day 11); or
  - **Option 3:** Seven-day with a negative test result on day 5 or later (released on day 8).
Calculating Quarantine Duration Options

- Need help determining end of quarantine dates?
- RIDOH has created a COVID-19 Close Contact Quarantine Calculator
  - Click link above, and scroll down to the middle of the page to download the calculator

What to do if you or a close contact has COVID-19

- Learn about Rhode Island's close contact quarantine requirements. [Requirements FAQ]
- To calculate the length of quarantine for close contacts, use this [COVID-19 Close Contact Quarantine Calculator].
# Clearance Protocols for Children and Staff Members to Return to Class

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Will be Tested?*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough (new)</td>
<td>Yes</td>
</tr>
<tr>
<td>Shortness of breath or difficulty breathing</td>
<td>Yes</td>
</tr>
<tr>
<td>New loss of taste or smell</td>
<td>Yes</td>
</tr>
<tr>
<td>Fever (temperature higher than 100.4° or feels feverish to the touch)</td>
<td>Yes, if two or more of these symptoms</td>
</tr>
<tr>
<td>Muscle or body aches</td>
<td>No, if only one of these symptoms</td>
</tr>
<tr>
<td>Headache</td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
<tr>
<td>Congestion or runny nose (new)</td>
<td></td>
</tr>
<tr>
<td>Nausea or vomiting</td>
<td></td>
</tr>
<tr>
<td>Diarrhea</td>
<td></td>
</tr>
</tbody>
</table>

*If the PCR test result is negative, a person can return when fever free for 24 hours and symptoms improved (back to usual health). If the rapid or PCR test result is positive, a person must isolate and can return when CDC guidance for release from isolation is met.
## Protocol - Symptomatic Individual but Not a Probable Case

<table>
<thead>
<tr>
<th>Situation</th>
<th>Isolation and quarantine protocol</th>
<th>Recommended testing protocol</th>
<th>Requirement to return</th>
</tr>
</thead>
</table>
| Staff or student has a SINGLE symptom of COVID-19 but does not meet the CDC definition of probable case | Symptomatic individual is isolated and sent home. | Advise symptomatic individual to seek medical advice and test if recommended by healthcare provider. | Attestation that confirms one of the following (parent/guardian attests if a minor)  
• **Not tested**  
  • Has been fever free for 24 hours without use of fever-reducing medication and symptoms improved (back to usual health).  
• **Tested negative (PCR)**  
  • Has been fever free for 24 hours without use of fever-reducing medication and symptoms improved (back to usual health).  
• **Tested positive (PCR or antigen)**  
  • Has met RIDOH guidelines for ending isolation. |

No quarantine recommended for close contacts.

Some patients with COVID-19 have presented with only one mild symptom or atypical symptoms and patients or providers may prefer to test even when probable case definition is not met.

2/15/2021
# Protocol - Probable Case

<table>
<thead>
<tr>
<th>Situation</th>
<th>Isolation and quarantine protocol</th>
<th>Recommended testing protocol</th>
<th>Requirement to return</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Staff or student is a probable case</strong></td>
<td>Probable individual is isolated and sent home.</td>
<td>Advise probable individual to seek medical advice and obtain a COVID-19 diagnostic test.</td>
<td>Attestation that confirms one of the following (parent/guardian attests if a minor)</td>
</tr>
</tbody>
</table>
|                                     | Household contacts must quarantine pending the probable case COVID-19 test result; school contacts do not. | *RIDOH may recommend testing for others in certain situations.* | • **Tested negative (PCR)**  
  • Has been fever free for 24 hours without use of fever-reducing medication and symptoms improved (back to usual health). |
|                                     |                                   |                              | • **Tested positive (PCR or antigen)**  
  • Has met RIDOH guidelines for ending isolation. |

## Protocol - Confirmed Case (Tested Positive with PCR or Antigen Test)

<table>
<thead>
<tr>
<th>Situation</th>
<th>Isolation and quarantine protocol</th>
<th>Recommended testing protocol</th>
<th>Requirement to return</th>
</tr>
</thead>
</table>
| **Staff or student tests positive**     | Person testing positive is isolated per CDC/RIDOH guidelines | Close contacts in quarantine should self-monitor for symptoms and seek medical advice as needed. RIDOH recommends all close contacts get tested on day 5 of quarantine or later. Close contacts who have tested positive in the past 90 days do not have to quarantine. | Individuals must meet the CDC/RIDOH guidelines for ending isolation: **RIDOH recommends the symptom-based strategy for ending isolation. Isolate until:**  
  • Fever free for 24 hours without the use of fever-reducing medication **and**  
  • Symptoms have improved **and**  
  • 10 days since symptoms first appeared (20 days if severely immunocompromised)  
  **OR time-based approach if asymptomatic when tested positive. Isolate until:**  
  • 10 days since date of specimen collection (20 days if severely immunocompromised) |
| **Situation**                            | **Isolation and quarantine protocol** | **Recommended testing protocol** | **Requirement to return** |

## Protocol - Close Contact of a Case

<table>
<thead>
<tr>
<th>Situation</th>
<th>Isolation and quarantine protocol</th>
<th>Recommended testing protocol</th>
<th>Requirement to return</th>
</tr>
</thead>
</table>
| **Staff or student is a close contact of a confirmed case** | A close contact is quarantined per CDC/RIDOH guidelines. If the close contact remains in the household as the case, the contact must quarantine during the case’s isolation period (10 days) and then quarantine per CDC/RIDOH guidelines. A household contact usually quarantines for 17-20 days. | Close contacts in quarantine should self-monitor for symptoms for 14 days from last exposure and seek medical advice as needed. RIDOH recommends all close contacts get tested on day 5 of quarantine or later. | A close contact must meet the CDC/RIDOH guidelines for ending quarantine before returning to school:  
• Remain asymptomatic  
• Complete one of the quarantine options:  
  • 14 days  
  • 10 days  
  • 7 days with a negative test (antigen or PCR) on day 5 or later  
• If choosing a 10 day or 7-day quarantine, continue to monitor for symptoms for 14 days from last exposure |
| Close contacts who have tested positive in the past 90 days do not need to quarantine | | | |
# Protocol Summary

<table>
<thead>
<tr>
<th>Isolation and Quarantine Guidance</th>
<th>Symptomatic (not probable case)</th>
<th>Probable Case</th>
<th>Person Tests Positive with PCR or Antigen Test</th>
<th>Person Tests Negative with a PCR Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Return to school</td>
<td>Isolate. Medical advice. Test encouraged. If not tested/tests neg • Fever free for 24 hours; and • Symptoms improved (back to usual health).</td>
<td>Isolate. Medical advice. Test required (PCR or antigen).</td>
<td>Isolate for 10 days from symptom onset or 10 days from test if asymptomatic; and • Fever free 24 hours; and • Symptoms improved (back to usual health).</td>
<td>• Fever free 24 hours; and • Symptoms improved (back to usual health).</td>
</tr>
<tr>
<td></td>
<td>No action.</td>
<td>No action for school close contacts while waiting for test result.</td>
<td>Follow RIDOH guidance for isolation.</td>
<td>No action.</td>
</tr>
</tbody>
</table>

2/15/2021
Bus Guidance
Bus Quarantine Guidance—Student Tests Positive

What happens if a student on bus tests positive for COVID-19?

- Close contacts are those who sat in the same row or within two rows of the infected person. Quarantine is for those who sat:
  - Two rows in front;
  - Two rows behind; and
  - The same row on opposite side of the aisle.

- If it is a small bus, then call RIDOH for consult.

- If the ride is fewer than 15 minutes, evaluate on a case-by-case basis:
  - May have close contact getting on/off the bus.
  - May be a long ride that day because of traffic or an accident.
What happens if a bus driver tests positive for COVID-19?

- Close contacts are those who sat within one row of the driver. Quarantine is for those who sat one row behind on both sides of the aisle.
Case Investigation and Contact Tracing
In the K-12 Setting
Overview of Case Investigation Process

• RIDOH receives a positive COVID-19 lab result (PCR or antigen test).

• Case investigator calls the case for an interview:
  • Asks about symptoms, exposures, activities, etc.;
  • Close contacts
    • Person who was within six feet for more than 15 minutes (cumulative within 24 hours) during the infectious period;
    • Infectious period is two days before symptom onset (or if asymptomatic, two days before COVID-19 test).
  • Case Investigator informs the case to isolate.

• Contact Tracer calls close contacts to put them in quarantine and recommend testing.
Case Investigation—Questions for Schools

- Case Investigator emails the Superintendent and/or the Principal and School Nurse
  - Verify the individual’s last day in school.
  - Is the child in a stable pod?
    - Are there times when pods mix?
    - List of children in pods.
  - Seating charts for each classroom
    - Names and locations of all students and teachers.
    - Indication of the amount of space in between desks.
Case Investigation—More Questions for Schools

- Has anyone else been in the classroom?
  - Substitute teacher
  - Teacher’s aide
  - Student teacher
  - Support service provider

- If a staff member, do teachers gather in a shared space**
  - Workroom
  - Breakroom
  - Professional development sessions

**Note: On October 14 Governor Raimondo ordered workplace breakrooms to close for 90 days amid an uptick in coronavirus cases.
Case Investigation—More Questions for Schools

- Before school care and aftercare
- Sports teams and gym
- Bus or carpool groups
- Lunch
- Recess
- Bathroom groups
- Drop off and dismissal
- Transitions within school
Things to Keep Updated and Easily Accessible

• **School Points of Contact**
  - RIDOH will notify the principal/COVID-19 contact and the superintendent
  - Make sure RIDOH has updated contact information for all school points of contact
    - Office numbers
    - Cell phones for weekends/after hours

• Seating charts for classrooms and buses

• Phone numbers for teachers and coaches
Winter Sports—Practices and Screening

- **Practices**—Schools can begin winter practices on January 4, 2021:
  - Basketball
  - Gymnastics
  - Ice hockey
  - Indoor track and field
  - Swimming

- **Screening:** All players, staff, coaches, officials, volunteers, and spectators
  - Screened for symptoms related to COVID-19 prior to the beginning of each activity or before entry into an indoor sports facility.
  - Any person exhibiting signs of illness and any person who has been exposed to a person with COVID-19 must be excluded.
Winter Sports—Testing

• Testing prior to playing
  
  • If schools require athletes to get tested prior to the beginning of the season, individuals who have had COVID-19 within the last 90 days should be exempt:
    • Documentation of a positive COVID-19 test within the last 90 days should be required instead.
  
  • RIDOH does not recommend testing within 90 days of having COVID-19 because the test result may remain positive for weeks/months after the initial positive test, even though they are no longer contagious.
    • If an individual who has been diagnosed with COVID-19 within the past 90 days becomes symptomatic, refer to a health care provider for evaluation.
Winter Sports—Symptomatic Person Awaiting Test Results

• If someone is symptomatic and awaiting test results for COVID-19 or is a close contact
  • Coaches, staff, athletes, officials, and spectators should not attend games, practices, or any related sports activities while waiting for COVID-19 test results if they are symptomatic or if they are a close contact being tested toward the end of quarantine.
  • Sports organizations and teams are strongly encouraged to establish strict disciplinary policies to penalize persons who violate this provision.
  • This provision does not apply to coaches, staff, athletes, officials, and spectators who are ordered to be tested routinely by RIDOH (e.g., employees of congregate care facilities).
Winter Sports—Masking

Masking—All individuals must wear masks (no gaiters/bandanas), completely covering the nose and mouth, at all times in addition to distancing:

- Athletes;
- Coaches;
- Officials;
- Spectators; and
- Essential/Non-essential staff.

Masks must be worn in all spaces including, but not limited to,

- Athletic facility;
- Training rooms; and
- Locker rooms.
Winter Sports—Physical Distancing

• **Physical distancing**

  • Six feet of physical distancing should be maintained between all players, coaches, and participants during practices and active play when possible.
  
  • When players, coaches, and participants are not engaged in active play (e.g., on the bench or on the sideline), a physical distance of six feet must be maintained.
  
  • A minimum of 14 feet of physical distancing should be maintained between teams and any other individuals or groups within a facility.
Winter Sports—Quarantine Policy

• Quarantine

• All organizations, leagues, and participants are strongly encouraged to fully cooperate and follow the guidance provided from RIDOH regarding contact tracing and the need to quarantine.

• Organizations and leagues are strongly encouraged to adopt rules regarding the need for all participants to follow RIDOH quarantine guidance.

• All out-of-state participants in youth, adult, and school sports should adhere to current Executive Orders regarding the need to quarantine prior to participation in any sporting activity.
Case Investigation and Contact Tracing for Winter Sports
Lessons Learned From Fall Sports

- Playing sports comes with risk;
- Set expectations;
- Constant Communication;
- Ensure all involved individuals (e.g., athletes, parents, coaches, etc.) understand procedures;
- Maintain consistent and efficient procedures; and
- Do not implement exceptions.
Winter Sports Policy Notes—Testing and Isolation

• Testing and Isolation

• If a person receives a positive test result, by either a rapid antigen test or a PCR test, the person is considered infected with COVID-19.

  • That individual should isolate at home until meeting criteria to end isolation based on symptom onset date or test date if asymptomatic. (see slide 19)

• RIDOH does not promote the use of the test-based strategy to end isolation (two negative PCR tests at least 24 hours apart).

  • This strategy utilizes state testing resources unnecessarily and may identify some who continue to test positive due to remnant virus particles after they are no longer infectious.
Winter Sports Policy Notes

• **RIDOH will**
  
  • Maintain consistent isolation/quarantine practices throughout the season.
    
    • **RIDOH will NOT** make exceptions for players to be exempt from isolation/quarantine during championship games.
  
  • Enforce travel quarantine if the team attends a competition in a state where >5% of COVID-19 tests are positive.
    
    • **RIDOH will NOT** waive the quarantine requirement for sporting events or solely because the team did not stay overnight in that state.
Winter Sports Close Contact Identification Protocol

- Rhode Island Interscholastic League (RIIL), RIDOH and Rhode Island Department of Environmental Management (DEM) developed a protocol for high schools and athletic directors to use for close contact identification
  - Athletic directors and principals voted to adopt the protocol.
  - RIDOH will no longer default to quarantining entire athletic teams:
    - Athletic Director/Principal, in consultation with RIDOH, will identify athletes, coaches, and officials that need to quarantine.
  - It is recommended middle schools adopt a similar policy.
- Refer to RIIL website for protocol [www.riil.org/COVID-19 Info](http://www.riil.org/COVID-19 Info).
Benefits of Close Contact Identification Protocol

- Fewer athletes quarantined;
- More time in school;
- Less disruption to families;
- Improved physical and mental health; and
- More games played.
Frequently Asked Questions

Positive Within the Last 90 days
If a Person Has Had COVID-19 Infection in the Last 90 Days

- **90-day calculation**
  - If symptomatic, then start the 90-day count from the day of symptom onset (Day 0).
  - If asymptomatic, then start the 90-day count from the day of specimen collection (Day 0).

- If a person has tested positive for COVID-19 within the last 90 days, they **do not need to**
  - Quarantine if identified as a close contact to a case (even if the close contact is a household member);
  - Quarantine after travel; or
  - Participate in asymptomatic screening testing for sports or school. They are exempt from such testing.
Symptomatic Within 90 Days of Testing Positive for COVID-19

For persons who develop **new symptoms consistent with COVID-19** within 90 days after COVID-19 infection, go get a medical evaluation by a health care provider who can:

- Evaluate for other possible diagnoses; and
- Evaluate for possible exposure to COVID-19 in the past 14 days (e.g., travel, large gatherings or events, household or other close contacts with suspected or confirmed COVID-19, occupational risk/healthcare workers, public safety, recent workplace cases, etc.)

If no other plausible diagnosis, the recommendations may include treating it as a new COVID-19 infection, isolating the symptomatic person, and quarantining close contacts.
Frequently Asked Questions

Travel
Quarantine—International Travelers (Updated January 29, 2021)

- **Executive Order** updated by the Governor on January 29, 2021.

- What are the quarantine options for someone traveling to (or returning to) Rhode Island from outside the 50 United States and the District of Columbia?
  - **Option 1:** Must immediately quarantine for ten days upon arrival in the US.
  - **Option 2:** May shorten quarantine to seven days if they have a negative result from a test (PCR or antigen) taken at least five days after arrival in the US.

- For both options**, individuals must continue to watch for symptoms through day 14 after arrival in the US.

**These options are the same as quarantine options for close contacts**

**NOTE:** The CDC continues to endorse 14-day quarantine as the safest protocol but has released new data and information to allow local public health officials to modify policies based on local conditions and needs. Learn more at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html.
Quarantine—Domestic Travelers

• What are the quarantine options for someone traveling to (or returning to) Rhode Island after traveling to a US state where > 5% of COVID tests are positive? (click for the list of states)
  
  • Must immediately quarantine for 10 days upon arrival in Rhode Island or until they get a negative test (PCR or Antigen) result.
  
  • This does NOT apply to any individual who has had a negative result from a COVID-19 test taken within 72 hours prior to arrival in Rhode Island.

NOTE: The CDC continues to endorse 14-day quarantine as the safest protocol but has released new data and information to allow local public health officials to modify policies based on local conditions and needs. Learn more at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html
Quarantine—Domestic Travelers (Continued)

- **Executive Order:** Any person coming to Rhode Island for a non-work-related purpose from locations within the 50 United States with a high community spread must immediately self-quarantine. This paragraph shall not apply to**
  - Public health, public safety, or healthcare workers;
  - Anyone traveling
    - For medical treatment;
    - To attend funeral or memorial services;
    - To obtain necessities such as groceries, gas, or medication;
    - To drop off or pick up children from day care; or
    - To work on their boats.

**These exceptions to the executive order do NOT mention traveling for sports, college visits, or for travel of less than 24 hours in that state.
Travel—More Scenarios

- Puerto Rico and other island and territories
  - Must quarantine per international travel requirements.

- Skiing in states with >5% positivity
  - Must quarantine per domestic travel requirements.

- Travel abroad: Tests positive while abroad and completes isolation while away
  - No quarantine. Schools may request documentation.

- Tested positive, recovered, and then travels to Florida within 90 days
  - No quarantine. Schools may request documentation.

**Please Note: CDC guidelines for travel have recently been updated. **
Common Travel Questions

• A family went from their home in Rhode Island to their home in a high incidence state for the long weekend. They did not go out anywhere or see anyone while in the high incidence state. Do they have to quarantine?
  
  • No. Since they went from house to house and had no exposure to people or places in the high incidence state, they do not need to follow quarantine guidance.

• A family went from their home in Rhode Island to their home in a high incidence state for the long weekend. They went skiing while in high incidence state. Do they have to quarantine?
  
  • Yes. Since they went skiing and had potential exposures while at the ski resort they do need to follow the quarantine guidance.
Common Travel Questions—Continued

• A family went to a high incidence state for the weekend. When they went last week, the state was NOT on the list of states with greater than 5% positivity. Today the list was updated and now that state is on the list. Does this family need to quarantine?
  • No. Since the state was not on the list when they went to that state nor while they were there, then they do no need to quarantine.

• A family is divorced and has a parent/guardian in another state. Does this child need to quarantine after visiting the parent/guardian in another state if it is a state with a high incidence of COVID-19?
  • No. The parent/guardian’s home in another state is considered a second household and the child does not need to quarantine. (Similar concept to people who live across state lines but commute to work or school in Rhode Island.)
Frequently Asked Questions

Quarantine
Quarantine Questions

• Do contacts of contacts need to quarantine?
  • No. Only close contacts of the person who was infectious need to quarantine.

• If I get tested during quarantine and I have a negative result, does my quarantine end?
  • Yes. If you get tested on day 5 or later (with either an antigen or PCR test), you can end quarantine on Day 7 and continue to monitor for symptoms until day 14.
    • If you get tested earlier than day 5 you cannot end quarantine on day 7.

• If I am not on quarantine and I want to go for asymptomatic testing, do I need to quarantine while I wait for results?
  • No. If you are asymptomatic and get tested, you do NOT need to quarantine while results are pending.
Quarantine Questions

• If I get tested during quarantine and I’m positive, how long do I need to stay home?
  • If an individual on quarantine tests positive for COVID-19, the person must isolate for 10 days from symptom onset or 10 days from the date of the specimen collection if the person is asymptomatic.

• When do close contacts of a probable case need to stay home?
  • Only household contacts of a probable case should stay home while tests results are pending because of the increased exposure they have in the home environment.
Quarantine of Household Contacts with Ongoing Exposure

- If a household member has completed 10 days of isolation but still has symptoms, can I start my quarantine or do I need to wait until symptoms are completely gone?
  - As long as the case has been fever-free without fever-reducing medication for 24-hours and there has been *an improvement in symptoms*, the household members can begin their quarantine.
  - If symptoms have not yet improved, household members need to wait to begin their quarantine.
School-Specific Quarantine Questions

• Can I require my staff to quarantine for more than seven days even if they get a negative result from a test taken at least five days after the close contact?
  • Yes, employers may require employees to quarantine for longer than the shortest quarantine option in the Executive Order.

• Can I offer a shorter quarantine period for my staff but require students to wait for 10 days before returning to childcare?
  • Yes, you can have different policies for students and staff.
Frequently Asked Questions

Testing
K-12 COVID-19 Test Scheduling Service

• Schedule online at portal.ri.gov or call 844-857-1814

• NEW Hours as of February 5
  • Weekdays 7:30 a.m. to 7:00 p.m.
  • Weekends 8:30 a.m. to 4:30 p.m.

• Who Can Be Scheduled for a Test Through This Service?
  • Anyone associated with K-12 (students, staff, coaches, etc.) who is
    • Symptomatic; or
    • A close contact of a person who tested positive for COVID-19; or
    • A classmate of a person who tested positive for COVID-19.

All Tests Through State Testing Sites Are FREE
Testing Questions

• Why do some people get one test and others get two?
  • Asymptomatic people usually get one test (PCR test).
  • Symptomatic people usually get two tests (antigen and PCR tests).

• If a symptomatic person is tested, can the person return to school if the rapid test result is negative, but the PCR test result is still pending?
  • No. An individual who is symptomatic should not return until they receive all their test results and both the rapid test result and PCR result are negative.
How Can I Access Test Results?

• If you were recently tested for COVID-19 in the State of Rhode Island, you can access a record of your test result at portal.ri.gov/results.

• What you need to access your test results
  • Name;
  • Date of Birth; and
  • Date of Testing Appointment.

• NOTE: You need to include a valid cell phone number or email address when you schedule the appointment in order to access results in the portal.

• The COVID-19 Test Result Portal User Guide is available if you need assistance.

• **Please note that the EdOC does not have access to individual test results**
Which Type of Test Is Required in Each Scenario?

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Type of Negative Test Result Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual who has symptoms consistent with a probable case of COVID-19 and would like to return to school after illness</td>
<td>PCR (this has not changed)</td>
</tr>
<tr>
<td>Close contact shortening quarantine</td>
<td>Antigen Test or PCR</td>
</tr>
<tr>
<td>Traveler shortening quarantine</td>
<td>Antigen Test or PCR</td>
</tr>
</tbody>
</table>
How to Determine Close Contacts in Schools

- Settings where physical distancing can be maintained or determined
  - Classrooms with assigned seats; and
  - Buses with assigned seats and controlled entry/exit.

- Settings where physical distancing cannot be maintained or determined
  - Childcare and classrooms with stable groups without physical distancing;
  - K-12 classrooms without physical distancing or assigned seats; and
  - Sports teams.
Questions About Close Contacts in School

• If we are notified of a positive case during the school day, do we need to send the close contacts home immediately?

  • It is always preferable to quarantine close contacts as soon as possible. However, if it is not feasible to send the student home immediately, a close contact can remain in school, follow the normal dismissal process, and begin their quarantine when they get home.

  • The incubation period for COVID-19 is 2-14 days, which means that a person who has been exposed to COVID-19 is unlikely to be infectious for the first few days after exposure.
Questions About Close Contacts in School

• What do we do if a close contact comes to school because he/she has not yet been quarantined by RIDOH?

  • Schools can send the student home.
  
  • Schools can inform staff/students that they have been identified as a close contact and should stay home in accordance with RIDOH guidance.
Can Schools Determine Who is a Close Contact?

- Yes. In collaboration with RIDOH, schools can identify close contacts in two ways:
  
  - Option 1
    - Follow protocol outlined by RIDOH on how to identify close contacts;
    - Call RIDOH for a consult; and
    - Add the identified close contacts to the excel spreadsheet and submit to RIDOH.
  
  - Option 2
    - Send RIDOH seating charts, class rosters, bus charts, teacher phone numbers, etc.;
    - RIDOH will complete investigation to identify close contacts.
      - NOTE: If case counts are high, RIDOH may not have time to conduct an analysis of close contacts and may quarantine all students/staff on the rosters submitted.
Can Schools Quarantine Close Contacts?

- **Yes.** Under the Governor’s Executive Order, schools can notify all close contacts and ask them to quarantine according to the RIDOH guidance.
  - Close contacts may also be contacted by RIDOH.
- School leaders also have the authority to
  - Ask students/staff to stay home while RIDOH completes the case investigation;
  - Shift a class or grade to distance learning; and
  - Inform students/staff that RIDOH may reach out to close contacts to provide quarantine guidance.
Testing of Close Contacts

• Is testing on day 5 of quarantine or later required?
  • No. Testing on day 5 of quarantine or later is recommended but not required. However, in some outbreak situations, close contacts may be required to get tested before returning to school.

• Is there an alternative to testing if schools require testing to return to school?
  • The alternative to testing on day 5 of quarantine or later is to remain in quarantine for an additional 10 days to ensure that someone who may have become infected on day 14 of quarantine is not infected when they are released from quarantine.
Classroom Testing

• Why is RIDOH recommending testing for some students who were never on quarantine?
  
  • In an outbreak situation involving many cases and many close contacts within a large group of students/staff (e.g., classroom, grade, wing of a school, or sports team), RIDOH may recommend testing for the entire group due to the possibility of asymptomatic transmission.
Antibody Testing

- A positive antibody test result cannot tell you exactly when a person was infected (in the past) with COVID-19 virus or if a person is currently susceptible to COVID-19.
  - Antibody test results cannot be used to exempt a close contact from quarantine.
  - Antibody testing cannot be used to shorten quarantine.
- The US Food and Drug Administration (FDA) has not authorized the use of antibody tests to diagnose COVID-19 infection.
Previously Ill with COVID-19-like Symptoms but Not Tested

- **Scenario**: An individual was previously ill with symptoms like COVID-19 but not tested. Household members were positive. When getting tested for sports, the individual tested positive but stated it was from past infection.
  - Does this individual need to isolate now since there is no record of a positive test result or a probable report to the school nurse?
  - Assessed on a case-by-case basis in consultation with RIDOH.
- **Avoid this situation by getting tested.**
Education Operations Center (EdOC)
What Is the Education Operations Center?

• The Education Operations Center (EdOC) is an interagency center located at the Rhode Island Department of Education that bring together expertise from a range of state agencies to collaborate, coordinate, and communicate efficiently.

• Collaborating partners include
  • Governor Gina Raimondo’s Office;
  • Rhode Island Department of Education;
  • Rhode Island Department of Health;
  • Rhode Island Department of Children, Youth, and Families;
  • Rhode Island Emergency Management Agency;
  • Rhode Island National Guard; and
  • Disaster Medical Assistance Teams.
What Supports Can the EdOC Provide?

• Guidance on best practices among schools statewide;

• Health, safety, social, and emotional trainings for all levels of school personnel. PLUs available for participants;

• Personalized, rapid responses via phone, email, or virtual meeting. Phone lines are open 24-hours a day;

• Focused and collaborative problem-solving for your school;

• School based support with the CI/CT process, ventilation, and logistical recommendations;

• Scenario-based feedback through application of current guidance; and

• Questions about school-based testing.
EdOC Contact Information

- Email: EDOC@ride.ri.gov
- Main line 7:30am to 4:30pm: 401-277-1440
- After hours: 401-451-1907
- Available: 24/7
Template Letters and Close Contact Template

• Positive Case letter
  • [English](#)
  • [Portuguese](#)
  • [Spanish](#)

• Positive Case-Past Quarantine Letter
  • [English](#)
  • [Portuguese](#)
  • [Spanish](#)

• [Excel School Close Contact Template](#)
Guidance for Schools

- CDC Guidance

- Sports-related Guidance
  - Rhode Island Phase III youth, adult & school sports guidelines and indoor sports facilities.
Additional Resources for Educating Teachers, Parents/Guardians, and Children
## Resources for Educating Teachers, Parents/Guardians, and Children

<table>
<thead>
<tr>
<th>Resource</th>
<th>Source</th>
<th>Overview of contents</th>
<th>Link to access</th>
</tr>
</thead>
</table>

For Reference, RIDOH COVID-19 Unit can be reached at 401-222-8022
## RIDOH and RIDE Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Source</th>
<th>Overview of contents</th>
<th>Link to access</th>
</tr>
</thead>
<tbody>
<tr>
<td>RIDOH COVID-19 Information</td>
<td>Rhode Island Department of Health</td>
<td>General information on COVID-19 in RI</td>
<td><a href="https://health.ri.gov/covid/">https://health.ri.gov/covid/</a></td>
</tr>
<tr>
<td>COVID-19 testing in Rhode Island</td>
<td>Rhode Island Department of Health</td>
<td>Who should get tested for COVID-19 and locations for testing throughout RI</td>
<td><a href="https://health.ri.gov/covid/testing/">https://health.ri.gov/covid/testing/</a></td>
</tr>
<tr>
<td>DHS COVID-19 Information</td>
<td>Rhode Island Department of Human Services</td>
<td>Professional Development: Re-Opening Child Care/</td>
<td><a href="https://center-elp.org/center-pd/dhs-mandatory-trainings-to-re-open-child-care-entrenamientos-mandatorios-de-dhs-para-la-reapertura-de-cuidado-infantil/">https://center-elp.org/center-pd/dhs-mandatory-trainings-to-re-open-child-care-entrenamientos-mandatorios-de-dhs-para-la-reapertura-de-cuidado-infantil/</a></td>
</tr>
<tr>
<td>Re-opening Rhode Island</td>
<td>State of Rhode Island</td>
<td>Guidance for re-opening RI</td>
<td><a href="https://www.reopeningri.com/">https://www.reopeningri.com/</a></td>
</tr>
</tbody>
</table>