



Diocese of Owensboro

COVID-19

Employees and students must self-screen at home prior to heading to school or work.

1 YOU were in close and direct contact with someone with COVID-19 but YOU are NOT sick or showing signs and symptoms:

- If everyone was properly masked: close and direct contacts within 3 feet of positive case should monitor for symptoms for 10 days; if symptoms develop, self-isolate and get tested, whether fully vaccinated or not.
- If anyone was **unvaccinated**, close and direct contacts must follow the quarantine guidance below.
- **Students or teachers who participate in the Test to Stay program must test daily for 5 school days and mask for 10 days.** If a student or teacher should at some point test positive, they should follow the guidance for having a positive COVID-19 test, as outlined in this document. Quarantine could be modified for staff/students that are participating in the Test to Stay program.
- You may work from home during your quarantine.

Quarantine Guidance

Individuals who are NOT fully vaccinated should follow the guidance below:

1. If exhibiting **NO** symptoms:
 - a. Individual could quarantine for **5 days** from their last exposure but continue to wear a mask for 5 additional days around others. Test on day 5 if possible. OR
 - b. Individual could participate in the Test to Stay program for **5 school days** from their last exposure but continue to wear a mask for 5 additional days around others. Additional testing under the Test to Stay program may be needed if symptoms are present.
2. In multifamily homes, if the positive case can isolate, then close contacts can quarantine for **5 days** or participate in the Test to Stay program, as stated above. However, if there are multiple family members positive or showing symptoms, the health department should be consulted for input.
3. Quarantine could be modified for staff/students that are participating in the Test to Stay program at their school.
4. Those who have tested positive in the last 3 months **(verified by results from a healthcare provider)**, and have recovered, do not have to quarantine **or participate in the Test to Stay program** unless showing symptoms.
5. Quarantine varies based on KHSAA requirements for athletes to return to practice or games:
<https://khsaa.org/special-programs/covid-19-information/>.

Fully Vaccinated

An individual is considered fully vaccinated if they've received a vaccination booster, or completed the primary series of the Pfizer or Moderna vaccine within the last 6 months or completed the primary series of the J&J vaccine within the last two months. Fully vaccinated individuals who were exposed to someone with COVID-19 should wear a mask around others for 10 days, monitor for symptoms and it is recommended they test on day 5.

Direct Contact

Defined as anyone who was within 6 feet of an infected COVID-19 person for at least 15 minutes cumulative starting 48 hours before the person began feeling sick. In the K-12 indoor classroom setting, the close contact definition excludes students who were at least >3 feet away from the infected student if both students were properly masked. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

COVID-19 SYMPTOMS:

Fever of 100.4 (or higher) or chills; new cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea.



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2 YOU are sick with COVID-19 symptoms but have NOT been tested for COVID-19:

Guidelines for Staying Home or Returning to School/Work:

- Those who have multiple COVID-19 symptoms should immediately isolate and contact their medical provider or use telehealth for further instructions. Those unvaccinated individuals that reside in the same residence with the individual with the COVID-19 symptom(s) may return to work or school if not having any symptoms. However, if the ill individual's healthcare provider performs a COVID-19 test, all unvaccinated individuals in the household will need to isolate until the results are known, **or individual(s) may need to participate in the Test to Stay program.** Vaccinated individuals that reside in the same residence with the individual with the COVID-19 symptom(s) may return to school or work if they remain asymptomatic, but must wear a mask for 10 days.
- Individuals with symptoms may return to work or school when symptom-free and fever-free for at least 24 hours (without fever reducing medication) and a health care provider's clearance is preferred. **The individual may need to participate in the Test to Stay program.**
- The period of being 24 hours symptom-free begins after midnight of the day symptoms started. For example, if symptoms were present on Monday, the earliest the individual may return to school is Wednesday.
- If the household member HAS COVID-19, follow the guidance below.

3 YOU or someone in your household (regardless of vaccination status) tested POSITIVE for COVID-19 (based on lab test):

- Notify the school or workplace.
- Those who test positive must provide complete information for contact tracing purposes.
- Separate yourself from others in your household, do not share anything (utensils, phone, etc.), and isolate as follows:
 - Those who tested positive but never develop symptoms can end isolation after 5 days, but must continue to wear a mask for 5 additional days.
 - Those who test positive but symptoms are resolving (24 hours have passed without a fever and other symptoms have improved) may end isolation after 5 days but should continue to wear a mask for 5 additional days.
 - Those who test positive but have prolonged symptoms may require more than the 5 days of isolation.

Additional COVID-19 Guidance

- Schools, with input from the local health department, will determine length of quarantine.
- Home tests will not be accepted. COVID-19 testing must have a test administered by a health professional and a copy of the results must be submitted to the school or workplace.

A school or workplace may decide to mask or optional masking by taking into account the following factors: community transmissions, current positive cases in the school or workplace, current quarantine numbers, and overall attendance. With this information, administrators or employers will be able to decide if masks should be required again.



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Exposure to a Positive Case

(positive case isolates)

Those Staff/Students that ARE MASKED

(Positive case and close contacts that are **MASKED**)

Close and direct contacts within 3 feet of positive case should monitor for symptoms for 10 days.

If any symptoms develop, they should immediately self-isolate and get tested.

If there is a cluster of cases in a classroom setting, it could result in the entire classroom being quarantined.

An individual is considered fully vaccinated if they've received a vaccination booster, or completed the primary series of the Pfizer or Moderna vaccine within the last 6 months or completed the primary series of the J&J vaccine within the last two months.

Those Staff/Students that ARE UNMASKED

(Positive case and/or close contacts that are **UNMASKED**)

Close and direct contacts within 6 feet of positive case must quarantine* using one of the 4 options:

Individuals who are NOT fully vaccinated must quarantine as follows:

1. If exhibiting NO symptoms:
 - a. Individual could quarantine for 5 days from your last exposure but continue to wear a mask 5 additional days around others. Test on day 5 if possible. OR
 - b. Individual could also participate in the Test to Stay program for 5 school days from your last exposure but continue to wear a mask 5 additional days around others. Additional testing under the Test to Stay program may be needed if symptoms are present.
2. In multifamily homes, if the positive case can isolate, then close contacts can quarantine for 5 days or participate in Test to Stay program as stated above. However, if there are multiple family members positive or showing symptoms, the health department should be consulted for input.
3. Quarantine could be modified for staff/students that are participating in the Test to Stay program at their school.
4. Those who have tested positive in the last 3 months (verified by results from healthcare provider) and have recovered, do not have to quarantine or participate in the Test to Stay program unless showing symptoms.
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*Unless fully vaccinated or have been ill with COVID-19 within the previous three months and recovered, and without any symptoms.