COVID-19 Close Contacts in Childcare/School Settings

**CDC Definition of a close contact:** A close contact is defined as someone who was within 6 feet of an infected person for a total of 15 minutes or more starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

Close contacts may quarantine for the full 14-day quarantine period. However, there are options for close contacts to reduce the number of days they will need to quarantine following an exposure to a COVID-positive individual.

- If you remain symptom-free, you may reduce your quarantine period from 14 days to **10 days**.
- If you receive a negative result from a COVID test, (PCR or rapid antigen test) you can reduce your quarantine to **seven days**.
  - Your test can be collected no earlier than 48 hours prior to your quarantine release date, so the earliest you can be tested is day six from your exposure date.
- You must continue to quarantine while awaiting test results.
- Residents of long-term care facilities and other congregate living settings are exempt from the new guidance and should continue to quarantine for the full 14 days.

A quarantine calculator can be found at [health.nd.gov/closecontact](http://health.nd.gov/closecontact).

Consider being tested 7-10 days after your last exposure to a COVID-19 case, even if you do not have symptoms and plan to quarantine for the full 14-day period. Free public testing throughout North Dakota is available to anyone who would like to be tested for COVID-19. Click [here](#) for updated information on free testing events.

If you become sick and are tested for COVID-19 during this period and are found to be **Positive**, the ND DoH will work with you on continuing your monitoring as a confirmed case of COVID-19.

Updated 12/8/2020
After stopping quarantine, you should

- Watch your child for symptoms until 14 days after exposure.
- If your child has symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Have your child wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19. Individuals in your household that are contacts to contacts do not have to quarantine unless they have been notified that they are also a direct close contact to a confirmed case.

The following list of potential close contacts to a confirmed case of COVID-19 is not all inclusive. Additional individuals may be considered close contacts depending on the setting, type of contact, or situation.

Childcare:

- Children/staff in the same room/cohort as a confirmed case of COVID-19.
- If a case in a staff member or child “floats” between rooms, then children/staff in each room will be considered close contacts unless the investigation indicates contact is less than 15 minutes or greater than six feet.

Elementary School:

- Children sitting in desks in front of, behind, or next to the confirmed case.
- Children sitting at the same table as the confirmed case.
- If children are cohorted or in pods, then the entire cohort or pod.
- Children eating lunch at the same table as the confirmed case.
- Children participating in extracurricular activities with the confirmed case.
- Children participating in close contact sports or physical education with the confirmed case.
- Children participating in choir or band with the confirmed case.
- Staff who are in close contact, as defined by CDC, with a confirmed case.
- If children routinely mix/interact with each other in the classroom setting, then the entire classroom will be considered close contacts.
- Children sitting next to, in front of or behind a case on a bus.
- Children carpooling to school with a case.
- Family members living in the same household as a case.
- If unable to identify close contacts of a case in a classroom or other (gym, dining hall, sporting venues, etc.) setting, School should send out alerts to others in the
same classroom to watch for symptoms and contact a health care provider if symptoms develop.

Middle/High School:

- Children sitting in desks in front of, behind, or next to the confirmed case.
- Children sitting at the same table as the confirmed case.
- Children eating lunch at the same table as the confirmed case.
- Children participating in extracurricular activities with the confirmed case.
- Children participating in close contact sports or physical education with the confirmed case.
- Children participating in choir or band with the confirmed case.
- Staff who are in close contact, as defined by CDC, with a confirmed case.
- Close friends of a confirmed case.
- Children sitting next to, in front of or behind a case on a bus.
- Children carpooling to school with a case.
- Family members living in the same household as a case.
- If unable to identify close contacts of a case in a classroom or other (gym, dining hall, sporting venues, etc.) setting, School should send out alerts to others in the same classroom to watch for symptoms and contact a health care provider if symptoms develop.

University:

- Roommates of a confirmed case.
- Students sitting within six feet of a case in a classroom or other setting.
- Students participating in extracurricular activities with the confirmed case.
- Students participating in close contact sports or physical education with the confirmed case.
- Students participating in choir or band with the confirmed case.
- Staff who are in close contact, as defined by CDC, with a confirmed case.
- Close friends of a confirmed case.
- Co-workers who are in close contact, as defined by CDC, with a confirmed case.
- Family members living in the same household as a case.
- If unable to identify close contacts of a case in a classroom or other (gym, dining hall, sporting venues, etc.) setting, University should send out alerts to others in the same classroom to watch for symptoms and contact a health care provider if symptoms develop.