

Public Health Self-Quarantine for Exposure to Novel Coronavirus (COVID-19)

Monday, Aug. 23, 2021

Attention Parent of Student/Staff Member:

STEM School Highlands Ranch is working with Tri-County Health Department (TCHD) to investigate and manage an outbreak of COVID-19 associated with the school related to sixth grade.

STEM School Highlands Ranch has done an assessment and determined that student/staff meet criteria of a close contact exposure to COVID-19 based on Colorado school COVID-19 guidelines.

If you have completed your full COVID-19 vaccine series¹ 14 days or more prior to the exposure, then you are fully vaccinated and do not need to quarantine. However, CDC recommends that exposed fully vaccinated people get tested 3-5 days following the date of their exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result. You should isolate if your test is positive.

If you had COVID-19 infection within 90 days of the exposure, then do not need to quarantine.

If you are not fully vaccinated or have not been previously infected within 90 days then, STEM School Highlands Ranch, in consultation with TCHD, requires that you enter into quarantine at this time. In accordance with CDC quarantine guidance, there are different options for duration of quarantine. Based on the guidance and in consultation with TCHD, STEM School Highlands Ranch requests student/staff follow these quarantine requirements:

- You are permitted to use a shortened 10-day quarantine if you remain asymptomatic for the entirety of that 10-day period and have not been tested. Quarantine may end on Day 11, however please continue to monitor yourself for symptoms through 14 days after the exposure because a small percentage of infected persons show their symptoms toward the end of their 14-day period.
- If any COVID-19 symptoms develop, then get tested at that time and isolate. Even if the test comes back negative, please continue to isolate and consult with the school about when you can return.
- In general, public health recommends getting a COVID-19 test about a week into quarantine because some infected persons never develop symptoms. If you test positive during quarantine, you are diagnosed with COVID-19. If no symptoms develop, then you should stay home and isolate through 10 days after the date of your test.

Monitor yourself for illness through 14 days after exposure Monday, Aug. 30

Monitor for symptoms daily through Monday, Aug. 30. This includes taking your temperature each day. If you take fever-reducing medicine (such as acetaminophen or ibuprofen), then take your temperature just before your next dose.

¹ Fully vaccinated is defined as having received 2 doses of Pfizer or Moderna vaccine, or one dose of Janssen vaccine at least 14 days ago.

COVID-19 illness may include any of the following new symptoms:

- Fever
- Loss of taste or smell
- Cough
- Shortness of breath
- Sore throat
- Runny nose or congestion
- Body aches
- Extreme tiredness
- Headache
- Nausea or vomiting
- Diarrhea

Restrictions on participating in activities during quarantine

- Do not go to work or school or childcare.
- Do not participate in gatherings of large numbers of people (more than 10 people) and do not go to public places such as shopping centers, movie theatres, sporting events, or other similar public places.
- Do not travel by airplane, ship, long-distance bus, or train.
- Do not use public transportation, such as light rail, bus, taxi, or ride-share services.
- If you do not have fever or respiratory symptoms, you may participate in limited outdoor activities (e.g. take a walk) as long as you maintain a minimum six foot distance from any other individual.
- Do not participate in any type of sports or extracurricular activity.

If you develop symptoms during quarantine and test positive, then you must stay home and remain isolated from other people until:

- At least 10 days have passed since symptoms first appeared
AND
- Fever has resolved for at least 24 hours without the use of fever reducing medication (such as acetaminophen or ibuprofen)
AND
- Symptoms have greatly improved for at least 24 hours.

If you are concerned about the severity of your symptoms, consult your healthcare provider. To find a local community testing site near you please visit [TCHD's testing website](#).

Vaccination is the most effective defense against the spread of COVID-19 in schools, homes, and in the community. COVID-19 vaccine is available every day throughout Adams, Arapahoe, and Douglas counties. To find a COVID-19 vaccination clinic near you, please visit TCHD's COVID-19 vaccine [webpage](#).

If you have questions regarding these quarantine requirements, please contact STEM School Highlands Ranch.

If you live in Adams, Arapahoe or Douglas Counties, Colorado, general information about COVID-19 is available from Tri-County Health Department at 303-220-9200 (available Monday – Friday 8am-5pm) or on our website www.tchd.org. If you live outside of TCHD jurisdiction, please contact your local public health agency.