

Contact Tracing for COVID-19 in K-12 Schools

HOW TO PREPARE AND WHAT TO EXPECT



1

Talk about the person's health.

The case investigator will:

- ✓ Discuss how to manage any symptoms.
- ✓ Discuss how to prevent other people from getting sick by recommending to isolate the person with COVID-19 and quarantine other household members.
- ✓ Make sure the family has the resources they need to stay safe and healthy in isolation.

A case investigator may also speak with the person's doctor to find out more specific health information.

2

Identify who may have been exposed to COVID-19. This is done by identifying those who had close contact².

The case investigator will:

- ✓ Talk to the person or their parent/guardian about who they or their child has spent time with in school and outside of school.
- ✓ Talk to school staff (teacher, bus driver) to obtain class schedules, seating charts, or other information. The name and identity of the person with COVID-19 will not be shared with the school.

1

Talk about COVID-19 symptoms and information about testing.

The contact tracer will help make sure anyone identified as a close contact:

- ✓ Knows the symptoms of COVID-19.
- ✓ Understands how to monitor their own (or their child's) health.
- ✓ Knows where and how to get tested³.
- ✓ Knows who does not need to quarantine⁴.

³If a contact tests negative, VDH still recommends that they complete a full 14-day quarantine. Count their day of last exposure as Day 0. If they are not able to stay home for 14 days after their exposure and they have no symptoms, they may leave home after Day 10 without testing or after Day 7 if a PCR or antigen test performed on or after Day 5 is negative.

⁴Close contacts who do not have symptoms of COVID-19 and who have either recovered from COVID-19 or been fully vaccinated for COVID-19 might not need to stay home (quarantine). See: <https://www.vdh.virginia.gov/coronavirus/local-exposure/> for more information.

2

Enroll the contact in the VDH contact monitoring and reporting tool "Sara Alert".

This will allow the local health department to check on the person every day regarding their symptoms, and connect them to care if needed.

3

Talk about quarantine recommendations and resources.

Close contacts should quarantine (stay home) and monitor for symptoms for 14 days after their last exposure⁴. If they are not able to stay home for 14 days and do not have symptoms, they may leave home earlier:

- ✓ Counting their date of last exposure as Day 0, they may leave home after Day 10; OR
- ✓ After Day 7 with a negative PCR or antigen test performed on or after Day 5.

¹Depending on the number of cases of COVID-19 reported, local health departments will prioritize certain case investigation and contact tracing efforts if resources do not allow them to contact everyone.

²Close contact is defined as being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period or having exposure to the person's respiratory secretions (e.g., coughed or sneezed on; shared a drinking glass or utensils; kissing) while they were contagious. A person with COVID-19 is considered to be contagious starting 2 days before they became sick, or 2 days before test specimen collection if they never had symptoms.