

Current IDOH Quarantine Recommendation for Schools

After Day 7

IDOH does NOT support 7-day quarantine at this time based on several factors including:

- Residual post-quarantine transmission rates
- High positivity rates within the state
- We also are keeping an eye on new COVID–19 variants that can be up to 70 percent more transmissible than the original strain.
- Unclear whether the new strains are more transmissible in children.

Sports and Extra-Curricular Activities: 10-day option

For athletes and other extra-curriculars such as band, choir and orchestra who are close contacts when utilizing the 10-day quarantine:

- Student can return to practice and competition on day 11 if masked AT ALL TIMES until 14-day quarantine is complete
- If mask cannot be worn, student should not practice, compete or attend the activity
- If student is sick and exercising, they may be more prone to complications or a longer recovery period so good judgment should be used when choosing to practice or compete.
- Student must remember to practice social distancing, good hand hygiene and masking
- AAP now recommends athletes mask whenever possible (i.e. –practice, games,)

For more information, visit <https://www.healthychildren.org/English/health-issues/conditions/covid-19/pages/why-cloth-face-coverings-are-needed-in-youth-sports-during-covid-19.aspx>

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CDC and IDOH currently continue to recommend a 14-day quarantine. However; there is an additional option available for K-12 education.

- 10-day quarantine(without testing) as long as the person has been **asymptomatic** on days 1-10 and symptom monitoring continues on days 11-14, with immediate self-isolation and follow-up with a healthcare provider if symptoms appear.
- A mask should be worn 100% of the time to reduce the quarantine time and to protect others if quarantine times are reduced.

Remember:

IT'S CRITICAL TO WEAR A MASK, STAY AT LEAST 6 FEET FROM OTHERS, WASH HANDS, AVOID CROWDS, AND TAKE OTHER STEPS TO PREVENT THE SPREAD OF COVID-19.