



SENECA COUNTY GENERAL HEALTH DISTRICT

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Anne Goon MS, RD, LD, Health Commissioner

SELF-QUARANTINE for CLASSROOM EXPOSURES

To: _____ Self-Quarantine Address: _____

The person named above has recently been identified by Seneca County General Health District as a direct contact of a person who has tested positive for COVID-19 using a test authorized by the Food and Drug Administration. As a result of this exposure, this person may already have or may develop COVID-19. Studies show that people infected with COVID-19 can infect others even when they appear healthy and have not yet developed symptoms.

In collaboration with your school district, we are providing modified self-quarantine options to assist parents with making the best choices for their child’s health and education. These options assume the child was not masked at the time of exposure.

_____ The person named above is a **direct contact of someone in the classroom setting** that has tested positive for COVID-19. They have two self-quarantine options:

- a) They may quarantine at home for 10 days from _____ to _____; OR
- b) They may remain in school as long as they consistently and correctly wear a face mask, physically distance from other people as much as possible, and consent to daily symptom monitoring at school, for 10 days from _____ to _____. Persons following this method should still quarantine outside of school.

Under either option (a) or (b) above, they may NOT participate in extracurricular or sport activities from _____ to _____.

_____ The person named above 1) is a **direct contact of a household member or a teammate** that has tested positive for COVID-19, and 2) is **not vaccinated**. They must self-quarantine at home for 10 days from _____ to _____. They can return to normal classroom and extracurricular activities on Day 8 if they receive a negative viral (PCR or antigen) test that was performed at least 5 days after exposure. If they test positive, they need to isolate for at least 10 days from the date of the positive test.

_____ The person named above 1) is a **direct contact of a household member or teammate** that has tested positive for COVID-19, and 2) has been verified to be **fully vaccinated**. Quarantine is not required. They can remain in the normal in-person classroom setting and participate in extracurricular and sports activities as long as they have no symptoms.

Wear a mask indoors as much as possible, including when not at school, for 10 days (from _____ to _____) OR until they receive a negative viral (PCR or antigen) test performed 5 days after exposure.

When not in the classroom setting, the location of self-quarantine is the address shown above, which the Health Commissioner considers to be the least restrictive, clinically appropriate place given the nature of this disease. They may leave the place of self-quarantine to seek medical care; leaving for other reasons puts other people at risk unnecessarily.

This self-quarantine notice is effective immediately upon service to the person named above.


Anne Goon, MS, RD, LD
Health Commissioner

Date

Due to the nature of community spread of the COVID-19 virus, this notice was emailed on _____ to the person named above with a delivery receipt requested. This notice serves as documentation to an employer/school of required absence and estimated return date. It is the responsibility of the person named above to share it with their employer/school as needed.

GUIDANCE FOR SELF-QUARANTINE

Stay home at the location designated on the previous page for the self-quarantine period. If you have any questions regarding these instructions, contact Seneca County General Health District at (419) 447-3691.

Self-Quarantine Guidance

- You should remain in your home/designated self-quarantine location.
- Do not go to work, school, public areas, or events.
- Do not invite visitors (including family and friends) to your home/designated self-quarantine location.
- Stay in your own well-ventilated room (windows opened regularly) with the door closed, as appropriate.
- Use a separate bathroom/toilet, if available. Clean bathroom/toilet after every use.
- Separate yourself from other people in your home by at least 6 feet.
- Ask for help if you need groceries, other shopping, or medications during your self-quarantine period.
- If required, ask someone to take your children to school.
- Do not make contact with people at the front (or any other) door.
- Wash hands often with liquid soap and water for at least 20 seconds. Alcohol-based hand sanitizer can be used if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels to dry your hands.
- Do not share eating utensils, towels, bedding, or other household items with other people.
- Wear a face mask when you are in the same room with other people and if you must leave your home/designated self-quarantine location to seek medical care. Minimize contact with other people even if you are wearing a face mask.

Monitoring and Reporting Guidance

- **Use a thermometer to take your temperature two times a day- once in the morning and once in the evening. Writedown your temperature.**
- **Watch for other COVID-19 symptoms:**
 - **Fever or chills**
 - **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**
 - **Diarrhea**
- If you develop a fever or any COVID-19 symptoms during the monitoring period, you should isolate yourself at home for **10 days** after the symptoms started. Call your healthcare provider and seek testing if recommended.
 - Most people can recover at home without medical care. You can treat your symptoms with Tylenol for fever, body aches and pains. Over-the-counter cough medicine may be used to help suppress your cough. Always cover coughs and sneezes with a tissue, and wash your hands frequently. Drink plenty of fluids.
 - Call your health care provider or seek emergency care if you develop trouble breathing or worsening symptoms. Notify your healthcare provider, EMS, and/or hospital in advance of seeking care.
 - You may discontinue self-isolation when:
 - You no longer have a fever without the use of fever-reducing medications for 24 hours, **and**
 - The symptoms (cough, shortness of breath) are improving, **and**
 - At least **10 days** have passed since symptoms first appeared.