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SAN JOSE

Diocese of San Jose
Elementary School Quarantine Procedures
Updated 10.25.2021

Overview

Throughout the pandemic, the Diocese of San Jose elementary schools have made all decisions with community safety as the top priority followed closely by the critical importance of maximizing in-person learning.

For community safety, a key mitigation strategy to limit transmission of COVID-19 is the use of a quarantine. A quarantine takes place when a student or adult is a close contact of a positive COVID case. The California Department of Public Health (CDPH) currently allows schools to consider the use of 3 different types of quarantines for **students**:

- Standard (10-day)
- Shortened (7-day)
- Modified (remain on campus)

The Diocese of San Jose elementary schools began the 2021-2022 school year with a **Standard** 10-day quarantine to ensure the safety of the school communities given the rise of the highly transmissible Delta variant. During the first weeks of school, the Department of Catholic Schools in partnership with the County health department closely monitored the effectiveness of mitigation measures and their impact on school case rates. By the end of September, all elementary schools had the systems in place to safely provide families with the option of the **Shortened** 7-day quarantine. In an effort to maximize safety while also limiting disruptions to in-person learning, the Department of Catholic Schools also supported schools with developing systems to provide families with the option of a **Modified** on-campus quarantine, beginning late fall. Descriptions of each type of quarantine, including eligibility requirements, are outlined in this document.

DSJ Elementary School Quarantine Procedures for Students

A **quarantine** takes place when a student or adult is a close contact of a positive COVID case. In alignment with the recommendation of the California Department of Public Health (CDPH) and Santa

Clara County Public Health (SCCPH), the Diocese of San Jose has developed separate quarantine procedures depending on the location of the exposure:

- [Close contact of a positive school case](#)
- [Close contact of a positive non-school case](#)

A quarantine is distinct from an **isolation**, which takes place when a person tests positive for COVID-19. Anytime a COVID-19 test is positive (regardless of vaccination status), the County health department requires students to isolate at home for at least 10 days after symptoms first started (or the date the positive test was collected) and at least 24 hours after resolution of fever and other symptoms improve.

Close Contact of a Positive School Case

The following section outlines the guidelines for the quarantine procedures when a student is exposed to COVID-19 in a school setting. It includes 2 parts:

- [Students participating in onsite testing](#)
- [Students not participating in onsite testing](#)

Please note – Per the County health department, if a close contact provided verification of a positive test in the last 90 days, completed the isolation, and does not have any new symptoms since the current exposure, the close contact does not need to separate from others.

Students Participating in Onsite Testing

Quarantine Period

- Close contacts in grades TK-8 who are asymptomatic and participate in onsite school testing and universal mask wearing (indoors and outdoors) are eligible for a **Modified Quarantine** if the exposure happened in the school setting.
 - The Modified Quarantine period begins the day following the last exposure and lasts for 7 days.
 - During a Modified Quarantine, students who test negative during onsite response testing *may remain on campus for in-person instruction*.
 - Per State and County guidelines, students *must still refrain from all extracurricular activities* in the school and community during the Modified Quarantine period.
 - The County health department requests that parents/guardians continue to monitor the student for symptoms and follow recommended interventions (distancing, face coverings, handwashing) for a full 14 days after exposure; if symptoms develop, isolate and test for COVID-19 immediately and notify the school of the results.

Testing

- Students without symptoms: A student will receive onsite *response* testing twice during the modified quarantine period: (1) within 1 school day of the notice and (2) on or after Day 5 of the Modified Quarantine period.
 - If both tests are negative, a student may return to all extracurricular activities on Day 8.
 - Please note - If a student does not participate in both onsite response testing days during the quarantine period, he/she will be required to follow the [standard quarantine guidelines](#) and remain at home during the quarantine period.
- Students with symptoms: If a student develops COVID-like symptoms or becomes sick, the student must remain at home. The parent/guardian should contact a healthcare provider so that the student can be evaluated and get a PCR test for COVID-19 immediately. Be sure to let the provider know that the student is a close contact to a confirmed COVID-19 case. Anyone, vaccinated or not, who develops COVID-like symptoms needs to get tested right away.

Students Not Participating in Onsite Testing:

Quarantine Period

- Close contacts who are not participating in onsite testing must quarantine for 10 days but may be eligible for a shortened 7-day quarantine if they meet the testing requirements below.
- The quarantine period begins the day following the last exposure to the positive case.

Testing

- Students without symptoms: Per SCCPH recommendations, students without symptoms should get a PCR test immediately and on or after Day 5 from the exposure. If a student does not have a healthcare provider, additional testing resources are available through the Public Health Department at sccfreetest.org.
 - If the test taken on or after Day 5 from the exposure is negative, a student's quarantine may be shortened to 7 days. A student may return to school and all activities on Day 8 if the negative test result is provided to the school. The school will verify a student's eligibility to return in writing.
 - If a student is not tested, he/she must quarantine at home and may not attend school or any activities for the full 10 days. Without a negative test, a student cannot be allowed back on campus before the 11th day.
 - Even after a student returns to school, the parent/guardian should continue to monitor the student for symptoms and follow recommended interventions (distancing, face coverings, handwashing) for a full 14 days after exposure; if symptoms develop, isolate and test for COVID-19 immediately and notify the school of the results.
- Students with symptoms: If a student develops COVID-like symptoms or becomes sick, the parent/guardian should contact a healthcare provider so that the student can be evaluated and get a PCR test for COVID-19 immediately. Be sure to let the provider know that the student is a close contact to a confirmed COVID-19 case. Anyone, vaccinated or not, who develops COVID-

like symptoms needs to get tested right away.

- After receiving test results, the parent/guardian should share the results with the school office immediately so that the school can ensure appropriate safety measures are being taken on campus. As a reminder:
 - Results must be from a PCR test.
 - Results can be shared with a screenshot or PDF via email to the school's designated contact
 - Results must show the student's name, type of test, date of collection, date of results, and result.

Close Contact of a Positive Non-School Case

The following section outlines the guidelines for the quarantine procedures when a student is exposed to COVID-19 in a non-school setting.

Please note – Per the County health department, if a close contact provides verification of a positive test in the last 90 days, completed the isolation, and does not have any new symptoms since the current exposure, the close contact does not need to separate from others.

Quarantine Period

- When a student is exposed to a COVID-19 case in a non-school setting, the student must quarantine for 10 days but may be eligible for a shortened 7-day quarantine if he/she meets the testing requirements below.
- If the positive case is a *household member*, the student will need to remain at home during the confirmed positive case's 10-day isolation period and also complete a quarantine when the case's isolation period ends.

Testing

- Students without symptoms: Per SCCPH recommendations, students without symptoms should get a PCR test as soon as possible and again on or after Day 5. If a student does not have a healthcare provider, additional testing resources are available through the Public Health Department at sccfreetest.org.
 - *For household cases* - In addition to the testing described above (as soon as possible and on/after Day 5), a student should be tested again for COVID-19 on/after 5 days into his/her quarantine period (15 days from the start of the confirmed positive case's isolation). These tests are to make sure that the student did not develop an infection without symptoms during their continued exposure to the COVID-positive person in the household.
 - If the test taken on or after Day 5 of the quarantine is negative, a student's quarantine may be shortened to 7 days. A student may return to school and all activities on Day 8, if the negative test result is provided to the school. The school will verify a student's eligibility to return in writing.

- If a student is not tested, he/she must quarantine at home and may not attend school or any activities for the full 10-day quarantine. Without a negative test, a student cannot be allowed back on campus before the 11th day.
- Even after a student returns to school, the parent/guardian should continue to monitor the student for symptoms and follow recommended interventions (distancing, face coverings, handwashing) for a full 14 days after exposure; if symptoms develop, isolate and test for COVID-19 immediately and notify the school of the results.
- Students with symptoms: If a student develops COVID-like symptoms or becomes sick, the parent/guardian should contact a healthcare provider so that the student can be evaluated and get a PCR test for COVID-19 immediately. Be sure to let the provider know that the student is a close contact to a confirmed COVID-19 case. Anyone, vaccinated or not, who develops COVID-like symptoms needs to get tested right away.
- After receiving test results, the parent/guardian should share the results with the school office immediately so that the school can ensure appropriate safety measures are being taken on campus. As a reminder:
 - Results must be from a PCR test.
 - Results can be shared with a screenshot or PDF via email to the school's designated contact
 - Results must show the student's name, type of test, date of collection, date of results, and result.