



**BIG WALNUT
LOCAL SCHOOLS**

**INSPIRE
& GUIDE**

The Delaware Public Health District recommends staff and students stay home if they are sick, regardless of diagnosis status, until the fever has been resolved for 24 hrs (without fever reducing medication) and they have an improvement of symptoms or a definitive diagnosis. Delaware Public Health District and Big Walnut Local Schools will follow the guidance of The Center for Disease Control and Prevention. Big Walnut Local Schools will not be notifying families of cases such as the previously used COVID Dashboard, we will not notify the Delaware Public Health District of specific cases of COVID-19, we will only report the total number of cases each week, and will not complete contact tracing after notification of a positive case.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html>

If your child or staff member is a “case” (positive for COVID-19)

As a case, your child may infect other students/staff; therefore, isolating your child at home will be critical to protecting the community. To return to school, your child should remain at home until:

- 5 days pass from symptom onset (if asymptomatic, 5 days from test date). The onset of symptoms is considered Day 0. If your child has a severe illness or is severely immunocompromised this may increase AND
- 24 hours of symptom improvement, AND
- 24 hours fever free without the use of fever-reducing medications
- If the above is completed, then your child can return to school on Day 6 and should wear a mask for an additional 4 days (total of 10 days) post-onset of symptoms. If symptoms extend isolation, a mask should be worn for 5 days after isolation ends.
- If your child has a mask exemption, and you choose not to mask, should remain at home during their isolation period.
- If your child participates in athletics through Big Walnut Local School (grades 7-12), please contact BWHS trainers Kylie Reed kylie.reed@osumc.edu or Roman Mitchell roman.mitchell@osumc.edu or BWMS trainer, Landon Bentz Landon.Bentz@osumc.edu to receive guidance for Post Covid Return to Play.
- COVID-positive athletes are permitted to return to participating in athletics on Day 11 post symptom onset. It is recommended that they see their health care provider before returning to athletics. This includes athletes that are not “in season” and are currently training.
- COVID positive athletes are permitted to attend practice/competition in a mask on Day 6, but are not permitted to participate in athletics until Day 11.
- Please check Schoology for assignments while your child is at home.
- This is considered an excused absence while they are at home.
- If you have not done so already, please contact District Nurse Megan Truax RN megantruax@bwls.net

- Delaware Public Health District encourages you to self report positive cases using the link [New Submission \(delawarehealth.org\)](https://www.delawarehealth.org/new-submission)

If your child is exposed to someone who is positive for COVID-19

Anyone who is fully vaccinated and boosted (fully vaccinated is having received 2 doses of Pfizer or Moderna within 5 months, J&J within 2 months or boosted or within 90 days of having had COVID-19) will not be considered a contact and therefore not need to quarantine.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

If you are not fully vaccinated and were less than 6ft for greater than 15 minutes in a 24 hour period, shared food, drinks, or utensils, participated in strenuous activity, or reside in a home with a COVID positive person, you would be considered a contact and should follow public health restrictions.

If a contact is exposed at home, public health restrictions would start on the first exposure date and extend until 10 days AFTER the last exposure to the household case while the case is still infectious (generally 10 days). It is recommended that the positive individual should isolate from other household members.

If at any point during your child's quarantine they develop symptoms, please remain at home, and get tested. All contacts (school exposure, household exposure, vaccinated, unvaccinated, et cetera) may follow the same suggested quarantine options.

- If not vaccinated or fully vaccinated the following is recommended:
 - Quarantine at home for 10 days OR
 - Quarantine at home for 5 days from exposure and return to school on day 6, wearing a mask on days 6-10. Exposure date is considered day zero when determining quarantine days, OR
 - If you are unable to remain at home, return to school while adhering to mask usage for 10 days after exposure. Exposure date is considered day zero when determining quarantine days.
 - Recommendations can be reduced to 7 days after exposure if the contact has a negative viral test at least 5 days post-exposure. The test must be given or proctored by a healthcare professional.
- If vaccinated (meeting the vaccination criteria listed above)
 - You may return to school and should wear a mask for 10 days post-exposure. Monitor for symptoms
 - Test on Day 5, if possible.
- If you have had COVID in the last 90 days
 - You do not need to quarantine unless you should develop symptoms
 - You may return to school and should wear a mask for 10 days post-exposure