COVID-19 2021-2022
SCHOOL GUIDANCE

Ingham County Health Department
Updated January 13, 2022

This guidance is dated 1/13/2022 and is subject to change based on new recommendations from MDHHS, CDC, local trends, or new information regarding COVID-19.

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COVID-19 Definitions

Close Contact
Someone who was within 6 feet of a COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period.

Face Mask or Facial Covering
A tightly woven cloth or other multi-layer absorbent material that closely covers an individual’s mouth and nose. The following are NOT considered face masks or facial coverings in compliance with Emergency Order Ingham2021-2: mesh, netting, lace, or material that is see-through.

Household close contact
A close contact that lives with a COVID-19 case in a shared dwelling with common kitchen or bathroom facilities. In dwellings with shared kitchen or bathroom facilities occupied by 20 or more unrelated persons, households are defined by individuals who share a bedroom.

Isolation
The separation of a person or group of people known or reasonably believed to be sick with COVID-19 and infectious, from those who are not infected.

Mask To Stay
The consistent and correct use of a well-fitted mask when around others and in school and public settings

Quarantine
The separation of a person or group of people reasonably believed to have been exposed to someone with COVID-19 but not yet symptomatic, from others who have not been exposed.

Test to Stay
Test days 3 and 5 following COVID-19 exposure in the school setting and consistent and correct use of a well-fitted mask.

Transmission Levels
Transmission levels for COVID-19 are defined by the number of weekly cases per 100,000 population. Per the CDC regarding their Data Tracker, “Data presented here might differ from data on state and local websites due to differences in how data were collected (e.g., date a specimen was obtained or the date a case was reported) or how the metrics are calculated.” For the most accurate and up-to-date data for a specific county or state, visit the relevant state or local health department.

The level of community transmission can be found using the [CDC Transmission Indicator Framework](https://www.cdc.gov/coronavirus/2019-ncov/community/transmission/index.html) found on the MI Safe Start Map which uses State of Michigan Metrics.

Up-to-date on all recommended COVID-19 vaccines
An individual is up-to-date on all recommended COVID-19 vaccines that they are currently eligible for [per the CDC definition](https://www.cdc.gov/vaccines/schedules/hcp/acip-recs/sr-rv.html#cov), meaning:

- If eligible, individual has been boosted
  OR
- Individual has completed the primary series of Pfizer or Moderna vaccine within the last five months
  OR
- Individual has completed the primary series of J&J vaccine within the last 2 months

[Click here](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for more COVID-19 definitions from the Centers for Disease Control and Prevention
COVID-19 Prevention Strategies

Per Emergency Order Ingham2021-2, all individuals, regardless of vaccination status, are required to consistently and properly wear a facial covering while inside any enclosed building or structure of an Educational Institution or vehicle of an Educational Institution.

In addition, schools should follow these COVID-19 prevention strategies:

**REQUIRED**

- Wear a mask.
- Get vaccinated, if eligible.
- Stay 6 feet away from others.
- Wash your hands.
- Clean and disinfect.
- Cover your coughs and sneezes.
- Monitor your health daily.
- Stay home if you are sick.

Click here for more information from the Centers for Disease Control and Prevention about How to Protect Yourself and Others from COVID-19.

Version: 09/03/2021  DISCLAIMER: This information was developed based on the latest information, but is subject to change at any time.
Student Illness Decision-Making

**A:** Does student have **ANY** of the following symptoms (new/difference/worse from baseline of chronic illness):

- Temperature 100.4 or signs of fever (chills/sweating)
- Sore throat
- New onset of cough
- Diarrhea, vomiting, or abdominal pain
- New onset of headache
- Loss of taste or loss of smell

**B:** Does student have **ANY** close contact or potential exposure risk in the past 14 days:

- Had close contact with a person with confirmed COVID-19
- Had close contact with a person under quarantine for possible exposure to COVID-19
- Attended large events (e.g. wedding, concert) especially indoors
- Travel history

If A is **YES** and B is **NO**, student must receive a COVID-19 test and/or medical evaluation; can return with symptom improvement per usual communicable disease guidelines

If A is **YES** and B is **YES**, student must receive a COVID-19 test.
- If test is **positive**, follow isolation guidance in "Process for a COVID-19 Case at School."
- If test is **negative**, follow close contact guidance in "Process for a COVID-19 Case at School" based on whether mitigation measures were in place.

If A is **NO** and B is **YES**, follow close contact guidance in "Process for a COVID-19 Case at School" based on whether mitigation measures were in place.

If both are **NO**, student goes to school.
Process for a COVID-19 Case at School With Strict Mitigation Measures in Place

**In settings where, 1) All individuals are wearing masks covering their nose and mouth, and 2) all infection control guidelines are being followed**

**What happens when someone at school gets COVID-19?**

Student/Staff is confirmed positive for COVID-19 with diagnostic test

The school learns about the COVID+ case.

School reports case to the health department (Report here).

The health department learns about the COVID+ case.

Health department calls district’s COVID-19 liaison

School district and health department work together to identify close contacts

Health department interviews the case and determines isolation period and any non-school contacts.

EXPOSURE DISTANCE BETWEEN 3-6 FEET

Individuals will be notified by the school administration and asked to monitor their health for 10 days from the date of exposure. These persons do not have to quarantine and can continue to attend school.

If individual feels ill or develops symptoms of COVID-19, they should isolate at home.

EXPOSURE DISTANCE LESS THAN 3 FEET OR IN HIGH-RISK SETTINGS (Cafeteria, band, PE, sports practice, etc.)

Individuals will be notified by the school administration and placed into quarantine.

*See quarantine options.*

Those who have had COVID-19 within the past 3 months or those who are up-to-date on all recommended COVID-19 vaccines for which they are eligible do not need to quarantine if they are exposed.

Individuals who are up-to-date on all recommended COVID-19 vaccines should be tested 5 days after exposure and wear a mask for 10 days when around others.

Close contact does not develop symptoms, completes quarantine period or serial testing.

Case completes their quarantine period and returns to school OR with serial testing remains in school.

Close contact becomes symptomatic or tests positive for COVID-19.

*Quarantine Options, all options require self-monitoring for symptoms until 10 days.*

1. 5 day quarantine. Following quarantine, if asymptomatic, Wear a mask for days 6-10 when around others. Test on day 5, if possible.

2. Test-to-stay. Day 0 is exposure, test on days 3 and 5. *Mask to stay* for days 1-10. See Quarantine and Isolation document for details.

3. Home quarantine for days 1-10 if unable/unwilling to mask. Please see the bottom of page 9 for exceptions.
In settings where, 1) All individuals are NOT wearing masks covering their nose and mouth, and 2) infection control guidelines are NOT consistently being followed

What happens when someone at school gets COVID-19?

Student/Staff is confirmed positive for COVID-19 with diagnostic test

The school learns about the COVID+ case.

School reports case to the health department (Report here).

The health department learns about the COVID+ case.

Health department calls district’s COVID-19 liaison

School district sends a general notification to parents and staff, protecting confidentiality.

School district and health department work together to identify close contacts

EXPOSURE DISTANCE LESS THAN 6 FEET or IN HIGH-RISK SETTINGS (Cafeteria, band, PE, sports practice, etc.)

Individuals will be notified by the school administration and placed into a 5 day quarantine based on their last exposure.

Those who have had COVID-19 within the past 3 months or those who are up-to-date on all recommended COVID-19 vaccines for which they are eligible do not need to quarantine if they are exposed. do not need to quarantine if they are exposed.

Individuals who are up-to-date on all recommended COVID-19 vaccines should be tested 5 days after exposure and wear a mask for 10 days when around others.

Close contact does not develop symptoms, completes quarantine period (5 days). Student must wear a mask for days 6-10.

Close contact becomes symptomatic or tests positive for COVID-19.

Case completes their quarantine period and returns to school.

Process for a COVID-19 Case at School Where Strict Mitigation Measures Were NOT in Place

Health department interviews the case and determines isolation period and any non-school contacts.

Case completes their isolation period and returns to school.
Quarantine and Isolation

Confirmed positive case of COVID-19

- If asymptomatic, monitor for symptoms for days 0 – 10; and
- Isolate at home for days 0 – 5 (day "0" is day symptoms begin or day test was taken for those without symptoms); and
- If symptoms have improved or no symptoms developed, return to school, while wearing a well-fitted mask, for days 6 -10; or
- Stay home for days 0 - 10 if unwilling/unable to wear a mask.

If you have a fever, stay home until you are fever free for a period of 24 hours without the use of fever reducing medications.

Household close contact of COVID-19 positive case

A person who is not up-to-date with their COVID-19 vaccine must quarantine for at least 5 days after last exposure to a COVID-19 case. A household member’s last exposure may be the final day of isolation of the COVID positive household member.

A person who is up-to-date with their COVID-19 vaccine who is a household contact of a COVID-19 positive individual see page 8 "Household Close Contact Guidance"

Close contact of COVID-19 case in Educational Settings, where strict mitigation measures WERE NOT in place, including universal masking

All close contacts are required to quarantine for 5 days from the date of exposure. Following quarantine, if asymptomatic, persons may return to school but must wear a mask when around others for an additional 5 days.

Student, teacher, or staff that is a close contact of COVID-19 case in Educational Settings, where strict mitigation measures WERE in place, including universal masking

All quarantine options require person to self-monitor for symptoms until 10 days

Close contact of 3-6 feet

Person can remain in school, but must be notified of the potential exposure, must wear a mask, and monitor for symptoms daily for 10 days.

Close contact within 3 feet

a. Quarantine for 5 days. If asymptomatic, individual can return to school. Must wear a mask for days 6-10;

b. Persons willing to cooperate with serial testing (i.e., “Test to Stay”) may avoid quarantine. Serial testing for close contacts must be administered by an identified representative from a PreK-12 organization each morning prior to facility entry. Serial testing must occur following the known exposure date (day 0) on day 3 and again on day 5.

c. If the serial testing option is elected, and testing day 3 occurs on a Saturday or Sunday, person does not need to be tested unless entering the Educational Institution or attending an event held at the Educational Institution on the weekend. If day 5 of testing occurs on a Saturday or Sunday, person must test on Monday prior to entering the Educational Institution

Persons who are up-to-date with their COVID-19 vaccine or persons who were a confirmed or probable COVID-19 case in the last 90 days

Close contacts that are up to date on all recommended COVID-19 vaccines for which they are eligible or close contacts who were a confirmed COVID-19 case in the last 90 days do not need to quarantine. Persons are encouraged to get tested 5 days after their exposure.

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Quarantine and Isolation
Per MI Safer Schools Guidance for Managing COVID-19 Exposures in K-12 Settings

**ISOLATION**

Students, teachers & staff who test positive for COVID-19 and/or display COVID-19 symptoms should isolate regardless of vaccination status:

- If asymptomatic, monitor for symptoms for days 0 – 10; and
- Isolate at home for days 0 – 5 (day “0” is day symptoms begin or day test was taken for those without symptoms); and
- If symptoms have improved or no symptoms developed, return to school, while wearing a well-fitted mask, for days 6 -10; or
- Stay home for days 0 - 10 if unwilling/unable to wear a mask.

*If you have a fever, stay home until you are fever free for a period of 24 hours without the use of fever reducing medications.*

**QUARANTINE**

Students, teachers & staff who test positive for COVID-19 and/or display COVID-19 symptoms should isolate regardless of vaccination status:

Close contacts of a COVID-19 case do not need to quarantine at home if they:

- Had confirmed COVID-19 within the last 90 days
- Are up to date on all recommended COVID-19 vaccines for which they are eligible

These contacts should still conduct symptom monitoring and "Mask to Stay" for 10 days from the date of last exposure.

Close contacts of a COVID-19 case who do not meet the criteria above need to quarantine or may test-to-stay and mask-to-stay. Exposed individuals may:

- Home quarantine for days 1-5, if feasible test on day 5, AND "Mask to Stay" for days 6-10, OR
- “Test to Stay”* for days 1-5 AND “Mask to Stay” for days 1-10; OR
- Home quarantine for days 1-10 if unable/unwilling to mask

*Students, teachers & staff should monitor for symptoms throughout quarantine period (days 1 through 10). Day “0” is day of last close contact with any COVID-19 positive student, teacher, or staff. If symptoms develop, get tested.

### Symptom Monitoring

- During days 1-10 following exposure:
  - Watch for symptoms, such as fever, cough, shortness of breath, or other COVID-19 symptoms.
  - If symptoms develop, get tested immediately and isolate until receiving test results. If they test positive, then follow isolation recommendations.
  - If they do not develop symptoms, get tested at least 5 days after they were last exposed.
  - If possible, stay away from people that they live with, especially people who are at higher risk of getting very sick from COVID-19

### Test to Stay

*Test to Stay: Test days 3 and 5 following exposure and consistent and correct use of a well-fitted mask.

### Mask to Stay

*Mask to Stay: Consistent and correct use of a well-fitted mask when around others and in school and public settings.*
Household close contact guidance

Individuals who are **NOT up-to-date with their COVID-19 vaccine** and have ongoing exposure to a positive COVID-19 individual should:

- Get tested immediately.
- Begin quarantine immediately and continue to quarantine throughout the isolation period of the person with COVID-19 and continue to quarantine for an additional 5 days after the end of isolation for the person with COVID-19.
  - If multiple people in your household are COVID-19+, quarantine starts after the end of the end of isolation date for the most recently infected member of the household.
- Get tested again 5 days after the end of isolation of the infected household member.
  - If multiple people in your household are COVID-19 positive, get tested 5 days after the end of isolation for the most recently infected member of the household.
- Wear a mask when in contact with the person with COVID-19 throughout the person's isolation period.
- Wear a mask when in contact with other people in the home until quarantine ends, and for an additional 5 days after quarantine ends.
- Isolate immediately if they develop symptoms of COVID-19 or test positive.

Individuals who **are up-to-date with their COVID-19 vaccine** and have ongoing exposure to a positive COVID-19 individual should:

- Get tested 5 days after their first exposure.
- Get tested again 5 days after the end of the isolation for the person with COVID-19.
  - If multiple people in your household are COVID-19 positive, get tested 5 days after the end of isolation for the most recently infected member of the household.
- Wear a mask when in contact with the person with COVID-19 throughout the person's isolation period.
- Wear a mask indoors in public until 10 days after the infected person's isolation period ends or until the up-to-date with their vaccine close contact receives their final test result.
- Isolate immediately if they develop symptoms of COVID-19 or test positive.
Mask Requirements

Masks requirements are ordered by Emergency Order Ingham2021-2 effective 12 a.m. (midnight) Tuesday, September 7, 2021

Where are masks required?

Inside any enclosed building or structure of an Educational Institutions or Educational Setting, including: youth camps, youth programs, childcare centers, preschools, primary through secondary schools, and vocational schools.

In any vehicles of an Educational Institution, including: transportation provided to and from education settings and to and from educationally affiliated extracurricular activities.

While attending school athletics or extracurricular activities while inside any enclosed building or structure of an Education Institution.

Among school board members and any persons in attendance while at board meetings.

Who is not required to wear masks?

a. Persons in the act of eating, drinking or napping.

b. Persons under the age of four years; however, supervised masking is recommended for children who are at least two years of age.

c. Persons with developmental conditions of any age attending school for whom it has been demonstrated that the use of a face covering would inhibit the person’s access to education. These are limited to persons with an Individualized Education Plan, Section 504 Plan, Individualized Healthcare Plan or equivalent.

d. Vaccinated teachers who are working with children who are hard of hearing or students with developmental conditions who benefit from facial cues.

e. Persons who have a medical contraindication confirmed in writing from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO) currently licensed to practice medicine in the State of Michigan.
COVID-19 Privacy and Contacts

What happens when someone at school gets COVID-19?

The school and health department learn about someone with COVID-19 (someone diagnosed with COVID-19 is a "case.")

Only a select few at the school will know the identity of the person. They help the health department figure out who were close contacts to the case. The person’s identity is kept confidential to respect their privacy as well as following regulations of FERPA (for schools) and HIPAA (for the health department).

Close contacts are identified and notified.

What is a close contact? It typically is someone being within 6 feet (about 2 arms’ length) of an infected person for at least 15 minutes.

A person with COVID-19 is considered contagious starting 2 days (48 hours) before they started having symptoms. If they never have symptoms, they are considered contagious starting 2 days (48 hours) before their COVID-19 test was performed.

Close contacts are at risk of getting sick. They must be identified and be in quarantine unless they are up-to-date with all COVID-19 vaccines for which they are eligible.

...but what about contacts to close contacts?

Since close contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted.

EXAMPLE

Bob sits next to Fred in the cafeteria, less than 3 feet away while they eat lunch. Fred gets sick with COVID-19. Bob has not received his COVID-19 booster, although he is eligible. Bob needs to be quarantined because they were in a high-risk setting without masks. Bob plays on the football team, and Fred does not. No one on the football team has been near Fred. Therefore, the football team does not need to be quarantined. Hopefully, Bob will not get sick and will be back to school and football in 5 days.
Cohorts Help to Limit COVID-19 Contacts

Cohorts: Keep close contacts to a minimum

One technique to minimize the number of people that need to be excluded from school is to group children together consistently.

EXAMPLES

Meet the Tadpole Pod

- This group of second graders has been assigned to a "pod". Their classroom has 4 pods of 5 children each.
- This group of students sits next to each other in the classroom, while still staying as far apart as practicable.
- They eat lunch together, travel the halls together, and go to recess together.

Meet the Wildcat Bubble

- This group of ninth graders has been assigned to a "bubble". There are many bubbles of 9th graders at their school.
- This group of students sits next to each other in the classroom, while still staying as far apart as practicable. They stay in the same room for math, English, and history, and their teachers come to them. They eat lunch together.

Cohorting can happen at many levels.

Small groups of 4-8 students -- breaking up a classroom, in space or time

Classroom level -- keeping classrooms as contained as possible

Because cohorts keep the number of different people interacting to a minimum, it's a way to limit the number of close contacts that need to be quarantined if one person develops COVID-19.
How does COVID-19 spread?

**DROPLETS**

*This is the most likely mode of transmission.* Respiratory droplets are small particles that enter the air when we cough, sneeze, laugh, sing, yell, and talk. Basically, they are little flecks of spit. Droplets tend to settle out of the air after traveling several feet from the person that released them. Droplets can also spread directly by kissing or sharing personal items like drinks, vape pens, silverware, or other things that go from one person’s mouth to another.

We can reduce the spread of respiratory droplets to each other by wearing face coverings, avoiding large crowded groups, and staying more than 6 feet apart from each other.

**AEROSOLS**

Aerosols are even smaller particles that are created when we breathe, talk, sing, sneeze, or cough. They are lighter and can stay in the air much longer than respiratory droplets but dry up more quickly.

We can reduce the spread of aerosols by increasing outdoor air ventilation or filtering air that is being recirculated.

**OBJECTS**

*This is the least likely mode of transmission.* Objects can spread the COVID-19 virus when respiratory droplets or aerosols settle on them, leaving germs behind or if someone has the coronavirus on their hands from touching their nose or mouth than touches an object. COVID-19 appears to stay on objects for one to three days.

We can reduce the spread of COVID-19 via objects by frequent handwashing, not touching your face, frequent cleaning and disinfection, and use of automatic or touchless controls.
What are the chances of catching COVID-19?

While the definition of a close contact for COVID-19 is being within 6 feet of an infected person for 15 minutes (cumulative) or more, other factors can also come into play.

**INTENSITY OF EXPOSURE**

The intensity of exposure refers to how much virus you were exposed to.

- Was the sick person really contagious when you were exposed to them?
- Were they coughing and sneezing without a mask on versus having no symptoms with a mask on? Did you kiss them?
- Did you share personal items like a drink or a vape pen?
- Did you sit right next to and have a face to face conversation with them or were you 6 feet away with your back to them?

The more virus you are exposed to, the more likely you are to get sick.

**DURATION OF EXPOSURE**

The duration of exposure refers to how long were you exposed. If you were in a conference room with someone contagious for COVID-19 for 6 hours a day while they were contagious for several days, yet your seat was not within 6 feet of them, you may still have had a long enough duration of exposure to that person, particularly to aerosols and objects in that room.

**PERSONAL HEALTH**

Your personal health, like how good your immune system is, also plays a part in whether or not you will get infected, as does whether you were using all the COVID-19 risk reduction methods possible.

**VACCINATION**

The risk of getting COVID-19 is extremely low in individuals who are up-to-date with their COVID-19 vaccine. It is so low that people who are up-to-date with their COVID-19 vaccine (meaning have received all doses for which they are currently eligible) do not need to quarantine if exposed but symptom-free.

**AGE**

Age also seems to play a part in risks for COVID-19. Children may be at lower risk of both catching and spreading COVID-19 to others, both to other children and to adults.
### Who might be a close contact?

<table>
<thead>
<tr>
<th>CLASSMATES</th>
<th>Lunch mates of person with COVID-19 if sitting within 6 feet for 15+ minutes. This is a higher risk time as face coverings cannot be worn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LUNCH MATES</td>
<td>Playmates on the playground or in gym within 6 feet of someone with COVID-19 for 15+ minutes.</td>
</tr>
<tr>
<td>PLAY MATES</td>
<td>Sports teammates within 6 feet of someone with COVID-19 for 15+ minutes.</td>
</tr>
<tr>
<td>OPPOSING TEAMMATES</td>
<td>Opposing teammates in sporting events that shared time on the field or court and were within 6 feet of someone with COVID-19 for 15+ minutes</td>
</tr>
<tr>
<td>OTHER CLASSMATES</td>
<td>Any others that had interactions with someone with COVID-19 lasting over 15 minutes in confined areas such as bathrooms, office room, where distancing of 6 feet is difficult.</td>
</tr>
<tr>
<td>ENTIRE CLASSROOMS</td>
<td>If the contagious individual is a teacher and was frequently less than 6 feet away from students while teaching, the entire class may need to be on quarantine.</td>
</tr>
<tr>
<td>OTHERS</td>
<td>Public health authorities may determine that distances beyond 6 feet or less than 15 minutes can still result in high-risk exposures based on other considerations and circumstances in each particular case.</td>
</tr>
</tbody>
</table>

**Version:** 8/11/2020  
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