



## LAKE OF THE WOODS School

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A Message from Superintendent Nelson

December 8, 2020.

The Minnesota Department of Health (MDH) has issued updated COVID-19 quarantine guidance that integrates new recommendations from the U.S. Centers for Disease Control and Prevention (CDC). While a 14-day quarantine remains the recommendation for greatest protection, the updated guidance does allow for the following options when determining quarantine days:

### **14 day Quarantine is the safest option and recommended when:**

- Someone in your home has COVID-19
- You live or work in a high-risk setting, such as long-term care or assisted living facility
- You work in a health care setting.

### **10 day quarantine may be considered if:**

- You do not have any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live or work in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like long-term care facilities or health care settings.
- You have traveled outside Minnesota where quarantine is recommended by Executive Order 20-99.

### **Even after 10 days you must still:**

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.

### **7 Day quarantine may be considered if:**

- You get tested for COVID-19 at least five full days after a close contact with someone with COVID-19, and the test is negative.
- You do not have any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live or work in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like long-term care facilities or health care settings.
- You have traveled outside Minnesota where quarantine is recommended by Executive Order 20-99.

### **Even after seven days you must still:**

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.

- Continue to wear a mask and stay at least 6 feet away from other people.

In addition, people who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms. People who have tested positive must continue to wear a mask and stay at least 6 feet away from other people.

Lake of the Woods School administration works closely with local public health in making decisions related to COVID-19. We do take into consideration guidance from MDH and the CDC. We also rely on the expertise of our local medical professionals, who have front-line knowledge of our local situation, when making decisions regarding exclusion of students and staff due to COVID-19 exposures. There have been and will continue to be certain situations where local public health and administration feel that a more conservative approach is needed. We understand that this can sometimes upset the daily routine of the household, places of employment, and lives of our students. Our primary goal is to meet the academic, social, and emotional needs of all of our students while also keeping staff and students safe. During this pandemic, we feel the best way to accomplish this is by keeping our current learning model and having students in school as much as possible. We can only accomplish this by avoiding a COVID-19 outbreak within our school community. Your support and understanding is greatly appreciated as we continue to work through this difficult time.

For more information on MDH's updated COVID-19 Quarantine Guidance go to:

<https://content.govdelivery.com/accounts/MNMDH/bulletins/2b002eb>

For more information on MDH's Quarantine Guidance for People who are Contacts of a

COVID-19 Case go to : <https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf>