



# Charleston Day School

## Covid-19 Quarantine Guidelines Updated 12/31/20

Quarantine is used to separate an individual who might have been exposed to COVID-19 in order to prevent the spread of disease. According to both the CDC and SCDHEC, the full 14-day quarantine period remains the most effective strategy for preventing transmission of COVID-19 from asymptomatic or pre-symptomatic cases. However, the 14-day quarantine period can impose burdens that affect physical and mental health for students and families. The CDC recently reduced the length of quarantine to balance community compliance and public health recommendations.

SCDHEC has updated their [interim guidance for schools](#) in accordance with the CDC to offer the choice to shorten protocols to either the 7 day or 10-day option. Charleston Day School has elected to offer the 10-day quarantine period in addition to the full 14 -day option. The following protocol details are below.

### 1. 10-day Quarantine

- All individuals identified as close contacts exposed to someone diagnosed with COVID-19 MUST quarantine for no less than 10 days.
- Quarantine may end on Day 10 after last exposure to the case if no symptoms develop throughout the quarantine period **AND** the individual has a negative PCR test on day 7 or later. Return will be allowed on Day 11.
- The CDC states that after the 10-day mark with no symptoms, residual transmission risk is estimated to be about 1% with an upper limit of 10%. The addition of a PCR test on Day 7 further reduces the risk.
- The individual will be required to [monitor symptoms](#) twice daily for 14 days.
- NOTE: Rapid antigen tests will not be accepted for return to school in this scenario.
- All individuals who end quarantine after 10 days must strictly adhere to COVID-19 protocols (face coverings, maintain physical distance, hand hygiene) while on campus. Non-compliant individuals will be required to finish the 14-day quarantine at home.

### 2. 14-day Quarantine

- Close contacts may choose not to get tested on Day 7 and will require the full 14-day quarantine period.
- All individuals will still require twice daily self-monitoring for symptoms.
- Individuals may return to campus on Day 15 if they have no reported symptoms during the 14-day period AND adhered to preventative practices during quarantine.

**Additional quarantine information:**

- Household contact: If the student or staff member lives in the same household as a known case of COVID-19, they must quarantine for an additional 10 days (20 days total) after the date their household member has been cleared from his/her isolation period unless the confirmed household member is able to completely isolate from all other family members for the duration of their isolation period.
- All CDS students and faculty must comply with school protocols. Alternate protocols, even if recommended by a healthcare professional, may not replace CDS protocols.
- If 3 or more COVID-19 cases are identified within a classroom or other cohort of students (i.e. sports team) within 14 days of each other, all students will be excluded from campus for 14 days after the last identified COVID-19 case.

**\*\*\* Charleston Day School will not offer the 7-day option at this time due to increased risk of transmission within our school community.**