

Information For Quarantine of Close Contacts

What is a Quarantine?

- A quarantine is used to keep someone who might have been exposed to COVID-19 away from others. This helps prevent the spread of disease that can occur before a person knows they are sick. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their local health department.

Will the Department of Health be calling me?

- Yes, you should expect the St Johns County Dept of Health (DOH) to call you with detailed information about the quarantine. For any questions, please call them at 904-506-6081. Press option 8, then 1.

What makes someone a close contact?

- You are a close contact of a COVID-19 positive individual if, from 48 hours before their symptoms began, the person with COVID-19:
 - Lived in your home or stayed overnight with you
 - Took care of you or you took care of them
 - Stayed within 6 feet of you for 15 minutes or longer
 - Exposed you to their body fluids or secretions (e.g., coughed or sneezed on you)

How long does my student have to quarantine?

- If your child has had no illness symptoms, they may return to school after **10 days**. No test result or DOH clearance is needed.
- If your child is symptom free and wants to return sooner than 10 days, the quarantine may be shortened to **7 days** with a negative Covid test AND clearance from the Dept. of Health. Please note that a PCR test is NOT the rapid test and it often takes 2-4 days to get a result back. Testing may be done only on day 6 or later in the quarantine and students are not allowed back in school with a pending test result. Do not send your child back to school early without checking first with the school nurse to see if a clearance has been received from the Dept of Health. Our school nurse is Julianne O'Brien, RN, phone 904-547-8409.
- There is more detailed information about the early return policy on the Landrum website.
- It remains important to be very vigilant about frequent handwashing, wearing a mask, social distancing, and monitoring for illness symptoms for a full 14 days after exposure.

What do I do if my child develops illness symptoms?

- Seek the advice of their doctor and call the St Johns County Department of Health.

What if I have been identified as a close contact with a COVID-19 positive individual, but have already had COVID-19 within the last 90 days? Do I still need to quarantine?

- If your student has been asked to quarantine but has tested positive for and recovered from COVID-19 in the past 90 days, please obtain a copy of the test results and present it to the clinic nurse.