

Hello Parents,

In yesterday's Utah State COVID-19 task force press briefing, Governor Herbert announced that our state has officially adopted the CDC recommendations that change the quarantine time period. The new quarantine time frame for a person that was a possible close contact exposure to COVID-19 is either 7 or 10 days as outlined below:

- **Quarantine can end after day 7** if the quarantined individual has no symptoms of COVID-19 and tests negative for the virus (the test can be a PCR or rapid antigen test), but the earliest that the person can be tested is day 7 after their exposure date. (This means that the test date and the earliest possible return date are the same.) Individuals should continue to quarantine until they get their test results back. *This 7-day test and return procedure does not apply to persons who are living with someone who has COVID-19.*
- **Quarantine ends after day 10** for anyone who is not tested or who is living with someone who has COVID-19 so long as they don't have symptoms of COVID-19.

Technically speaking, the CDC continues to state that a 14-day quarantine is still the best and most effective way to protect other people from being exposed to the virus, as symptoms of COVID-19 may appear 2-14 days after exposure. However, having to quarantine for 14 days every time a person may have been exposed to the virus is a concern to many families. ***Even if the early return procedures are used, individuals should still monitor for symptoms for 14 days from the last date of exposure, because it can take 14 days for a person to get sick.***

Parents, we fully acknowledge that all are suffering to some extent from “pandemic fatigue.” More than anything, we all just want this to be over. However, it is important that we all remain vigilant in following safety guidelines. **Please take a moment to review and recommit to adhere to these health and safety practices:**

- Have daily symptom checks at home **before** sending a child to school.
- Students need to stay home from school if they are sick and/or have COVID-19 symptoms. It may be helpful for you to know that in the majority of positive cases of COVID-19 we have seen at the school, most of the students had relatively minor symptoms. Please be mindful of both primary and secondary symptoms of COVID-19, as all can be indicative of possible infection.
- Wear a face covering that covers the mouth and nose. Make sure your child has their mask before heading out the door to school.
- Be cautious with activities outside the school setting.
- **All immediate family members must stay at home if someone who lives in the same household has been tested for COVID-19 until receiving the test results.** If the test result is positive, family members should quarantine for at least 10 days. If the COVID positive family member is able to isolate, the other family members will need to quarantine for 10 days from their last day of exposure to the COVID positive individual. **If the COVID**

**positive family member is unable to isolate or if the family chooses to not isolate the positive individual, the 10 day quarantine period begins after the COVID positive person's 10-day isolation period.**

- Students must stay home from school when they have been asked to quarantine or if a member of your household has been diagnosed with COVID-19.
- **Call the school whenever you have a positive case, come in contact with a positive case, if someone in your household is getting tested or you just have questions.**

For more information, we invite you to visit Utah's coronavirus website: <https://coronavirus.utah.gov/protect-yourself/>

Thank you for your ongoing support and understanding as we continue to press forward this school year. We will be sure to message our community with any additional information or changes to these procedures.

Respectfully,

Ryan McCarty,  
Principal