

Gateway Regional School District COVID Guidelines - 4/7/21

Close Contact Quarantine Guidelines

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work or attend school. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Based upon CDC guidelines, Gateway Regional School District will follow the following:

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
 - Symptoms include headache, diarrhea, vomiting, nausea, cough, shortness of breath or difficulty breathing body aches, sore throat, fever, loss of taste or smell, and fatigue.
- Quarantine can end after completing day 7 of quarantine and after receiving a negative PCR test result (PCR test must occur on day 5 or later) and if no symptoms were reported during daily monitoring. **Gateway must receive paperwork of a confirmed negative PCR test from the individual prior to returning.**
- The Gateway District, in consultation with the Huntington Board of Health, reserves the right to determine possible extended quarantines for certain circumstances, which include but are not limited to multiple test positives within the same household and/or cluster exposures in accordance with the guidelines set forth by the Massachusetts Department of Public Health.

After stopping quarantine, the individual should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus.

Travel Advisory

For those considering any travel outside Massachusetts, please reference the current Massachusetts travel advisory.

For any questions, please contact your local board of health or the school nurse.