



Diocese of Owensboro

COVID-19

Employees and students must self-screen at home prior to heading to school or work.

YOU were in close and direct contact with someone with COVID-19 but YOU are NOT sick or showing signs and symptoms:

- If everyone was properly masked: close and direct contacts within 3 feet of positive case should monitor for symptoms for 10 days; if symptoms develop, self-isolate and get tested, whether fully vaccinated or not.
- If anyone was unmasked, close and direct contacts must follow the quarantine guidance below.
- Students or teachers who participate in the Test to Stay program must test daily for 5 school days and mask for 10 days. If a student or teacher should at some point test positive, they should follow the guidance for having a positive COVID-19 test, as outlined in this document. Quarantine could be modified for staff/students that are participating in the Test to Stay program.
- You may work from home during your quarantine.

Quarantine Guidance

Individuals who are not fully vaccinated must quarantine as follows:

1. Quarantine for 5 days from your last exposure and if exhibiting NO symptoms; continue to wear a mask for additional 5 days around others; test on day 5, if possible.
2. In multifamily homes, if the positive case can isolate, then close contacts can quarantine for 5 days; however, if there are multiple family members positive or showing symptoms, the health department should be consulted for input.
3. Quarantine varies based on KHSAA requirements for athletes to return to practice or games:
<https://khsaa.org/special-programs/covid-19-information/>.
4. Quarantine could be modified for staff/students that are participating in the Test to Stay program at their school.
5. Those who have tested positive in the last 3 months and have recovered, do not have to quarantine unless showing symptoms.

Fully Vaccinated

An individual is considered fully vaccinated if they've received a vaccination booster, or completed the primary series of the Pfizer or Moderna vaccine within the last 6 months or completed the primary series of the J&J vaccine within the last two months. Fully vaccinated individuals who were exposed to someone with Covid-19 should wear a mask around others for 10 days, and it is recommended they test on day 5 and should monitor for symptoms.

Direct Contact

Defined as anyone who was within 6 feet of an infected COVID-19 person for at least 15 minutes cumulative starting 48 hours before the person began feeling sick. In the K-12 indoor classroom setting, the close contact definition excludes students who were at least >3 feet away from the infected student if both students were properly masked. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

COVID-19 SYMPTOMS:

Fever of 100.4 (or higher) or chills; new cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea.



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YOU are sick with COVID-19 symptoms but have NOT been tested for COVID-19:

Guidelines for Staying Home or Returning to School/Work:

- Those who have COVID-19 symptoms (could be only one symptom) should immediately isolate and contact their medical provider or use telehealth for further instructions. Those unvaccinated individuals that reside in the same residence with the individual with the COVID-19 symptom(s) may return to work or school if not having any symptoms. However, if the ill individual's healthcare provider performs a COVID-19 test, all unvaccinated individuals in the household will need to isolate until the results are known. Vaccinated individuals that reside in the same residence with the individual with the COVID-19 symptom(s) may return to school or work if they remain asymptomatic but must wear a mask for 10 days.
- Individuals with symptoms may return to work or school when symptom-free and fever-free for at least 24 hours (without fever reducing medication) and a health care provider's clearance is preferred. Other unvaccinated individuals in the household may return to school or work after a healthcare provider has provided an alternative diagnosis (i.e. strep throat, sinus infection, ear infection, etc) for the ill individual.
- The period of being 24 hours symptom-free begins after midnight of the day symptoms started. For example, if symptoms were present on Monday, the earliest the individual may return to school is Wednesday.
- If the household member HAS COVID-19, follow the guidance below.

YOU or someone in your household (regardless of vaccination status) tested POSITIVE for COVID-19 (based on lab test):

- Notify the school or workplace.
- Those who test positive must provide complete information for contact tracing purposes.
- Separate yourself from others in your household, do not share anything (utensils, phone, etc.), and isolate as follows:
 - Those who tested positive but never develop symptoms can end isolation after 5 days, but must continue to wear a mask for 5 additional days.
 - Those who tested positive and their symptoms are resolving (24 hours have passed without a fever and other symptoms have improved), can end their isolation after 5 days, but must continue to wear a mask for 5 additional days.
 - Those who tested positive and have severe illness may require more than the 5 days of isolation.

Additional COVID-19 Guidance

- Schools, with input from the local health department, will determine length of quarantine.
- Home tests will not be accepted. COVID-19 testing must have a test administered by a health professional and a copy of the results must be submitted to the school or workplace.

A school or workplace may decide to mask or optional masking by taking into account the following factors: community transmissions, current positive cases in the school or workplace, current quarantine numbers, and overall attendance. With this information, administrators or employers will be able to decide if masks should be required again.



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Exposure to a Positive Case

(positive case isolates)

Those Staff/Students that ARE MASKED

(Positive case and close contacts that are **MASKED**)

Close and direct contacts within 3 feet of positive case should monitor for symptoms for 14 days.

If any symptoms develop, they should immediately self-isolate and get tested.

If there is a cluster of cases in a classroom setting, it could result in the entire classroom being quarantined.

Those Staff/Students that ARE UNMASKED

(Positive case and/or close contacts that are **UNMASKED**)

Close and direct contacts within 6 feet of positive case must quarantine* using one of the 4 options:

Individuals who are not fully vaccinated must quarantine as follows:

1. Quarantine for 5 days from your last exposure and have NO symptoms; continue to wear a mask for additional 5 days around others; test on day 5, if possible.
2. In multifamily homes, if the positive case can isolate, then close contacts can quarantine for 5 days; however, if there are multiple family members positive or showing symptoms, the health department should be consulted for input.
3. Quarantine varies based on KHSAA requirements for athletes to return to practice or games:
<https://khsaa.org/special-programs/covid-19-information/>.
4. Quarantine could be modified for staff/students that are participating in the Test to Stay program at their school.

*Unless fully vaccinated or have been ill with COVID-19 within the previous three months and recovered, and without any symptoms.

An individual is considered fully vaccinated if they've received a vaccination booster, or completed the primary series of the Pfizer or Moderna vaccine within the last 6 months or completed the primary series of the J&J vaccine within the last two months.