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To Protect, Promote, and Prioritize the Health of our Entire Community

Midtown Campus, 1111 South 41st Street, Omaha, Nebraska 68105

Updated COVID-19 Recommendations for K-12 Schools

General Recommendations for COVID-19 Prevention in K-12 Schools:

- Report all known positive cases of COVID-19 among students and/or teachers/staff (per 173 NAC 1-007.04) using the Douglas County Health Department REDCap form (for REDCap assistance, please call 402.444.7214). Positive cases among students and teachers/staff should be reported within 24 hours of notification.
- Encourage vaccination for all eligible individuals.
- Mask all students, teachers/staff, and visitors if the transmission risk in the community is “high” or “substantial”¹, per the Douglas County Health Department COVID-19 Dashboard².
- Practice social distancing when and where possible (3 feet of physical distance between students)¹.
- Exclude symptomatic individuals; parents should monitor children for symptoms.
- COVID-19 positive individuals should isolate at home for a minimum of 5 days from their date of onset, or date of test if no symptoms. If the individual is asymptomatic, or their symptoms have improved with no fever for 24 hours, they may return to school with a mask for an additional 5 days.
 - DCHD advises that positive individuals who are returning from isolation after 5 days and participate in extracurricular activities (i.e. sports, choir, theater, etc.) do so in such a manner that they can continue to mask at all times and practice social distancing.
- When a case is identified, close contacts should be notified, monitor for symptoms and wear a mask for 10 days after last contact with a known positive case.
- If a cluster or outbreak (3 or more cases) is identified in a core group, quarantine may be recommended for some individuals, as detailed in the “Classroom or Core Group Exposure” section below.

Classroom or Core Group Exposure:

- When a case occurs, identify close contacts and notify parents and teachers/staff of the exposure. In an elementary setting, it is recommended to notify the entire classroom.
- All close contacts will need to monitor for onset of symptoms and mask for 10 days following the last exposure.
- Clusters and Outbreaks (3 or more cases)³:
 - Notify DCHD when clusters or outbreaks are identified.
 - When a cluster or outbreak is identified in a core group, quarantine **may be recommended for close contacts who**
 - Are not vaccinated **OR,**
 - Are more than 6 months from their final dose of an mRNA vaccine (Pfizer or Moderna) **OR,**
 - Are more than 2 months from the first dose of the J&J vaccine.
 - Testing 5 days after exposure is recommended.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>

² https://experience.arcgis.com/experience/1205c60366ba43719a59225ec62e31b5/page/page_17/

- When a cluster or outbreak is identified in a core group, quarantine is not recommended for close contacts who
 - Have received a booster dose of vaccine **OR**,
 - Are within 6 months from their final dose of an mRNA vaccine (Pfizer or Moderna) **OR**,
 - Are within 2 months from their first dose of the J&J vaccine.
 - Mask for 10 days following the last exposure.
 - Testing 5 days after exposure is recommended.
- DCHD will provide written notification to the school district health point of contact and copy the superintendent when mitigation measures for addressing clusters or outbreaks are necessary. DCHD will no longer provide written communication for parents or faculty notification, notifications should come from the district/school.

COVID-19 Isolation and Quarantine Basics:

Cases:

- Positive individuals may return to school 5 days after their onset of symptoms (or test date if they had no symptoms) if they are asymptomatic or their symptoms are improving with no fever for 24 hours, followed by 5 days of masking at school.
 - Positive at-home tests should be accepted as evidence of infection.
 - PCR tests are preferred for individuals who are asymptomatic (have no symptoms).
 - There is no “testing out” early from the isolation period.

Exposed Close Contacts:

- If an individual has been identified as a close contact, quarantine may be recommended for those who
 - Are not vaccinated **OR**,
 - Are more than 6 months from their final dose of an mRNA vaccine (Pfizer or Moderna) **OR**,
 - Are more than 2 months from the first dose of the J&J vaccine.
 - Mask for 10 days following the last exposure.
 - Testing 5 days after exposure is recommended.
- If an individual has been identified as a close contact, quarantine will not be recommended for those who
 - Have received a booster dose of vaccine **OR**,
 - Are within 6 months from their final dose of an mRNA vaccine (Pfizer or Moderna) **OR**,
 - Are within 2 months from their first dose of the J&J vaccine.
 - Mask for 10 days following the last exposure.
 - Testing 5 days after exposure is recommended.

Updated: 1/3/2022