



Public Health Self-Quarantine for Exposure to Novel Coronavirus (COVID-19)

Wednesday, October 6, 2021

Attention Parent/Guardians of students in Willow Creek Elementary 5th Grade classes:

Cherry Creek Schools (CCSD) and Willow Creek Elementary are working with Tri-County Health Department (TCHD) to investigate and manage an outbreak of COVID-19 associated with the 5th grade trip to Camp Cheley September 29-October 1. CCSD has reviewed the data for positive COVID-19 cases and determined that students/staff meet the criteria of close contact exposure to COVID-19 based on Colorado school COVID-19 guidelines.

In consultation with TCHD, all students in all 5th grade classes are asked to quarantine at home starting today for 10 days, based on the most recently reported positive test result in the class. Based on the guidance and in consultation with TCHD, CCSD and Willow Creek Elementary request student/staff follow these quarantine requirements:

- **Students in ALL 5th grade classes should quarantine for 10 days. The date range for this quarantine is Tuesday, October 5 through Friday, October 15.** Students and teachers may return to in-person learning on Monday, October 18.
- If COVID-19 symptoms develop, then students should get tested at that time. To test at no cost with COVIDCheck Colorado: www.primarybio.com/l/cherry **PLEASE NOTE: If your student tests positive, their isolation period will be 10 days based on the first date of symptoms OR the date of testing (whichever comes first). Please call the school nurse to report positive results.** Parents/guardians can also test through COVIDCheck: www.covidcheckcolorado.org
- In general, public health recommends getting a COVID-19 test about a week into quarantine because some infected persons never develop symptoms. If your child tests positive during quarantine, then they are diagnosed with COVID-19. Even if no symptoms develop, then they should still stay home and isolate through 10 days after the date of their test.
- Please monitor your child for symptoms daily through October 15.
- *If your student has had the COVID-19 infection within the last 90 days, they do not need to quarantine, but should wear a mask in all indoor settings for the next 10-14 days. However, all students in class, regardless of recent infection, will access their learning remotely during the quarantine dates outlined above.*

COVID-19 illness may include any of the following new symptoms:

- Fever
- Loss of taste or smell
- Cough
- Shortness of breath
- Sore throat
- Runny nose or congestion
- Body aches
- Extreme tiredness
- Headache
- Nausea or vomiting
- Diarrhea

Restrictions on participating in activities during quarantine

- Do not go to school or childcare.
- Do not participate in gatherings of large numbers of people (more than 10 people) and do not go to public places such as shopping centers, movie theatres, sporting events, or other similar public places.
- Do not travel by airplane, ship, long-distance bus, or train.
- Do not use public transportation, such as light rail, bus, taxi, or ride-share services.
- If you do not have fever or respiratory symptoms, you may participate in limited outdoor activities (e.g. take a walk) as long as they maintain a minimum six foot distance from any other individual.
- **Do not participate in any type of sports or extracurricular activity.**

If your child develops symptoms during quarantine and tests positive, then they must stay home and remain isolated from other people until:

- At least 10 days have passed since symptoms first appeared
AND
- Fever has resolved for at least 24 hours without the use of fever reducing medication (such as acetaminophen or ibuprofen)
AND
- Symptoms have greatly improved for at least 24 hours.

If you are concerned about the severity of your child's symptoms or if you have any health care questions, consult your child's health care provider.

Vaccination for those who are age eligible (12 years and older) is the most effective defense against the spread of COVID-19 in schools, homes, and in the community. COVID-19 vaccine is available every day throughout Adams, Arapahoe, and Douglas counties. To find a COVID-19 vaccination clinic near you, please visit TCHD's COVID-19 [vaccine webpage](#).

If you have questions regarding these quarantine requirements, please contact your school.

If you live in Adams, Arapahoe or Douglas Counties, general information about COVID-19 is available from Tri-County Health Department at 303-220-9200 (available Monday – Friday 8am-5pm) or on our website www.tchd.org.