

HEALTH & SAFETY SMART RESTART PLAN

Surrey Public School Board
Approved August 5, 2020

Plan revised October 2020
Surrey School Board
Approved November 11, 2020

Surrey School Families,

It has been a challenge for our entire community since March, but we hope you have found ways to cope and embrace this new normal. Thank you to the students, staff, parents, and community members who have helped us succeed in these difficult times. The 2019-2020 school year was challenging but we are proud of students and thankful the district was able to celebrate our seniors' accomplishments with a graduation ceremony.

The challenge now is planning for what school will look like during the 2020-2021 school year. This is a daunting task as we all realize how the impact and response to COVID-19 has changed rapidly over the past four months. This plan will try to address these challenges, while providing a flexible framework to guide our response over the next school year.

For academic, social-emotional, and economic reasons, we are compelled to strive to return to an in-person model. Yet, we cannot disregard that the health and safety concerns associated with the virus remain. The district must consider all practical steps to keep our schools from contributing to virus spread in our community.

This plan represents critical thinking, research, modeling, and work by our educators, staff, and school board. This group reviewed input gathered from our employees and parents.

We realize that reviewing this plan may not address every question you have. We recognize some concepts and actions may be polarizing, and there are strong opinions about what the school should do or should not. But we must remain open to what is possible and consider all options so we can move forward.

Thank you for your time reviewing this plan. We encourage everyone to ask questions and communicate their concerns as we move forward. Together, our school can provide quality education to our children in a safe manner, if we work together to solve problems.

Respectfully,

David Gerding
Superintendent

Ron Aberle
School Board President

Assumptions & Assurances

SURREY SCHOOL BELIEVES

- Every student should have the opportunity to engage in learning, regardless of the spread of COVID19 in our community.
- Schools have a vital role in providing safe environments for students, focusing on both social emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members we can solve most challenges.
- Our district will make decisions based on the most current guidance from local, state, and national health care officials.
- Our School Board will ensure our plan meets the needs of our students, educators, staff and community.

OUR PLANNING TEAM

The Surrey School's Return to Learning Plan was crafted and reviewed by a team consisting of the following

- Educators – Jordan Trottier, Susan Thompson, Eric Pelletier, Traci Gorthy
- Office Personnel – Robin Day
- Custodial Staff- Tim Magnuson
- Parents-Kari Keller, Amanda Duchsherer
- Administrators- David Gerding-Superintendent; Debbie Hansen-K-12 Principal; Brad Hoffarth-Dean of Students
- Students- Jagger Dickman, Christina Larson
- School Board- Dustin Mize
- Community Member- Terra Knipp
- North Dakota Dept of Health (NDDoH)

Input was gathered by various means to allow for a wide range of input, while maintaining social distancing. Information in this document is subject to change at any time pending information from the Governor's office, the ND Dept. of Health, or the CDC.

Revisions to the plan were written and sent to committee members for comments and approval. Following committee approval it was sent to Surrey school board members for approval.

COVID-19 Response Team & Coordinators

This organizational structure was crafted to assist in the development and monitoring of the district return to learning plan. This structure identifies leaders and guiding team members that will serve as a voice in how the district responds to COVID-19 during the school year. This plan is designed to address the issues of reopening as well as provide a nimble and responsive process to address issues that may not be recognized today.

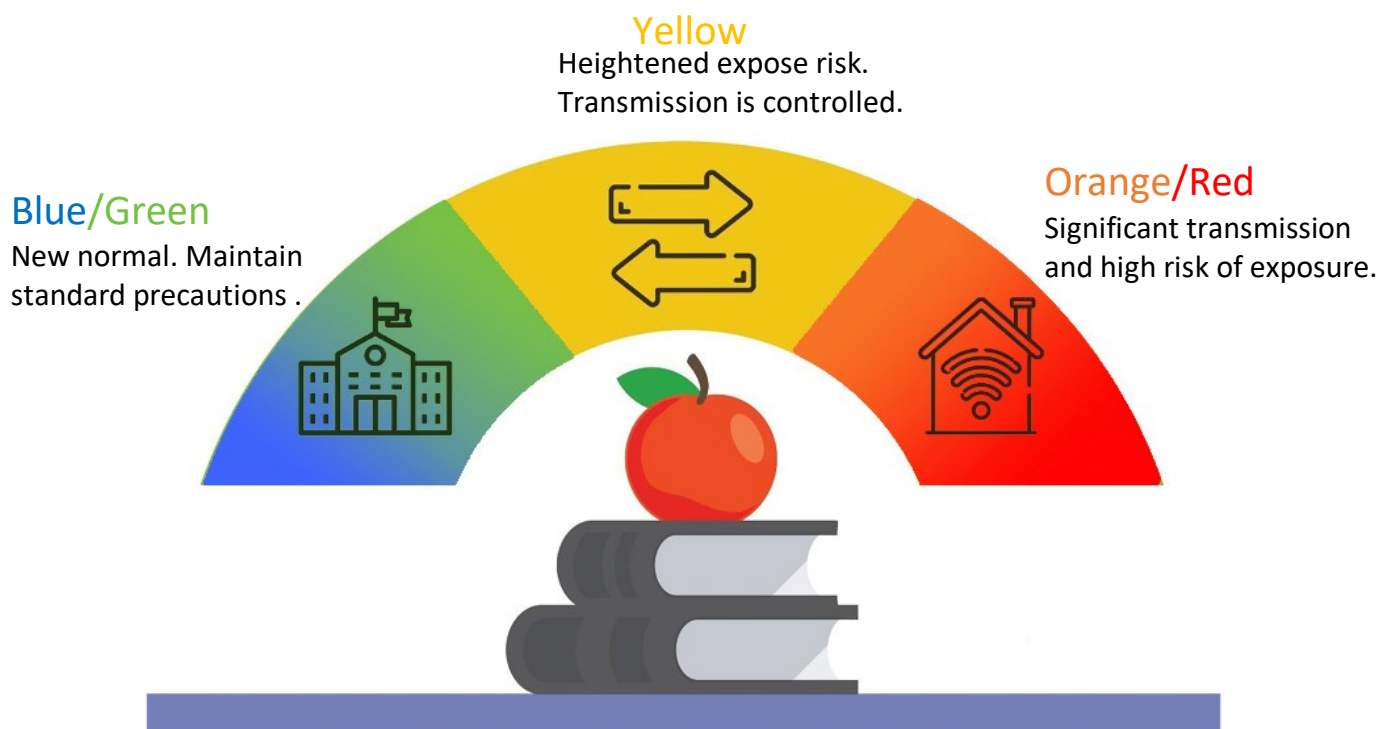
COVID-19 Building Level Coordinators

Each school building will have an identified COVID-19 Coordinator who will be responsible for the health and safety preparedness and response planning. Coordinators will make themselves available to the NDDoH 24 hours a day / 7 days a week to respond to phone calls from public health. This position will assist public health in identifying and notifying close contacts in the school setting. The coordinator will be report cases of COVID-19, found in the school setting, to health officials and the State Superintendent's office.

Debbie Hansen, K-12 Principal, will assume the role of building level coordinator at Surrey Public School. If the coordinator is unable to be reached the secondary contact will be *David Gerding, Superintendent*.

Phases

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the ND Smart Restart Plan. Each level is reported to schools by the NDDoH after rigorous testing and assessment of cases in the community. [ND Smart Restart Plan](#)



Guidance for Grade Level & School Building Closures

The K-12 Smart Restart plan has adopted the color-coded guidance in the ND Smart Restart Plan. This plan categorizes reopening into five phases: red, orange, yellow, green, and blue. These designations signal how restrictions on school, work, congregate settings, and social interactions will ease in each county. This color-coded guidance can be applied during the levels of ND Smart Restart to protect the health, bolster confidence, and provide more security. Counties across the state could likely be in different phases based on multiple factors used to determine health guidance. Surrey Public School will make determinations on a classroom, grade-level, building, or district closure in partnership with First District Health.

School districts are required to utilize the phases outlined by the North Dakota Department of Public Instruction and Governor's Office. The district has created guidelines that correspond with each phase. To accommodate specific needs within the school district and building levels, the district may opt to, as appropriate, implement health and safety measures in a higher tier. This may include, up to, school closures. This will only be done after consultation with First District Health Unit and the building COVID-19 Coordinator. Any change to phase would be immediately communicated to allow for appropriate implementation for families and at the building level.

If the school has a confirmed case of COVID-19 in a staff member or student, the school will assess the situation, and obtain further guidance from FDHU. Any positive staff member or student will quarantine, along with any close contacts as identified by the school or FDHU. Students who test positive or are close contacts will move to distance learning until their end of quarantine date. If multiple positive cases and quarantines are identified, administration will consult with FDHU to make decisions on distance learning, or school closure.

Instructional Models

The instructional models used by the district will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This is a guide as instructional models could be altered based on other factors, such as occupancy levels, age of children, and abilities to move certain classes online.

Traditional Learning

All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.

Hybrid Learning

Students report to school on a modified schedule. Multiple hybrid models of instructional delivery may be appropriate to meet the educational needs through a variety of delivery models.

Distance Learning (Teams, Zoom, Class DOJO)

All instruction is provided off-campus through the use of distance learning resources or suited to the unique needs of the student.

BLUE GREEN

Instruction may be any of the following forms:

- Full day in-person

- Hybrid schedules may be implemented in schools with more independent learners

- Special populations (IEP, EL, At-risk, etc.)

- *May be directed to attend school on expedited schedule.

Yellow

Instruction may be any of the following forms:

- Full day in-person

- *Stricter social distancing and masks may be required.

- Hybrid schedules may be implemented more broadly

- Special populations (IEP, EL, At-Risk, etc.)

- *May be offered support services on-site with enhanced precautions.

Orange Red

Instruction may be moved to online.

- Special populations (IEP, EL, At-risk, etc.)

- May be offered support services on-site with enhanced precautions.

Health and Safety Guidance

The district strives to provide a healthy and safe environment for all who occupy our schools. The following guidelines are intended to provide a framework for the district's response to COVID-19.

Resources

ND Department of Public Instruction - <https://www.nd.gov/dpi>

ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>

Center for Disease Control and Prevention - <https://www.cdc.gov>

Best Intentions

Despite taking every reasonable precaution, there is no guarantee that our schools will be without risk as it relates to COVID-19. The virus will be present on our buses, in our classrooms, and at our activities. In certain situations, social distancing is not possible in a school setting. Our actions, as outlined in this plan, will not guarantee the prevention of any student or staff member from being in contact with the virus.

Protect Yourself and Others

Wash your hands often

- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students are encouraged to wash their hands often throughout the day.
- Wash hands before eating, after using the restroom, after recess/gym/music or areas where students will have shared materials.

Avoid close contact

- Maintain social distance from others. This is especially important for people who are at a higher risk of getting sick.
- Alternate or modified schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation are being implemented.
- The sharing of instructional materials will be limited as much as possible.
- Physical separation on busing, when possible. Masks are required at all times for students and driver.
- Parents, visitors, and vendors will not be allowed into the school building during school hours for the 20/21 school year.
- Food service staff members will serve all meals; including salad bar, condiments, milk, etc.
- Keep same seating arrangement each day, seating charts on bus, classroom, lunchroom etc.
- Desks facing forward, no grouping, and spaced apart as much as feasible
- Grade 7-12 students will use backpacks to transport instructional materials and will be able to return to their lockers at scheduled times throughout the day.
- School doors will open at 7:45 AM and close at 3:40 PM.
- PreK, Kindergarten and 1st grade students will enter (before school) and exit (after school) through door 14
- Grades 2-6 will enter (before school) and exit (after school) through the front door
- Grades 7-12 will enter (before school) through the front door and exit (after school) through the concession door.
- Students arriving or leaving at other times will always use the front door for check-in or check-out.
- Parents are encouraged to pay bills and fees on-line.
- For the safety and health of our students, city bus route will not run this year.

Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw tissues away and wash hands or use hand sanitizer to prevent spread.

Clean and disinfect

- School staff will clean and disinfect frequently touched surfaces daily.
- Shared materials will be cleaned between uses.
- Classrooms and communal spaces will be cleaned nightly by custodial staff.
- Drinking fountains will not be used, instead water filling stations will be utilized.

Cover your mouth and nose with a cloth face cover when around others.

- The wearing of masks will be applied in phases based on the phases within the [ND Smart Restart Guidance](#).
- Blue/Green – masks recommended in the building. However, they will be required when moving between classes, and on school buses.
- Yellow – masks may be required in all areas of school building and in buses.
- Orange/Red – Masks may be required in all areas of the building and in buses.

- Educators and parents need to teach students how to properly wear a face covering so they are prepared to use them on school buses or other situations in close proximity with others.
- Resources from NDDPI and SPS will be provided to teachers.
- Masks should be taken home and cleaned regularly.
- Cloth face coverings need to be stored in a space designated for each student that is separate from others when not being worn (e.g., in individually labeled containers or bags, personal lockers, or cubbies).
- Cloth face coverings need to be taken home and washed after every day of use and/or before being used again, or if visibly soiled.

STAFF/STUDENTS	PPE
All staff (other than what is outlined)	Encouraged to wear cloth face coverings Required to wear face coverings on school transportation (bus), and in areas where social distancing isn't available.
All Students	Encouraged to wear cloth face coverings. Required to wear face coverings if using school transportation (bus), and in areas where social distancing isn't available.
Public facing staff (i.e. receptionists/clerical) unless plexiglass partition is in place.	Encouraged to wear face mask
Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e.: SPED, EL, educator)	Building administrators in consultation with educator will determine if face coverings or face shield are required . This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.
All staff	May be required to wear face mask dependent upon number of positive cases and quarantines
All Students	May be required to wear face mask dependent upon number of positive cases and quarantines Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
<i>All staff and students in school bus</i>	Required to wear a face covering
All staff	May be required to wear face mask dependent upon number of positive cases and quarantines
All Students	May be required to wear face mask dependent upon number of positive cases and quarantines Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
<i>All staff and students in school bus</i>	Required to wear a face covering
All staff	Require face mask
All Students	Require face mask

	Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
<i>All staff and students in school bus</i>	Required to wear a face covering

In specific instances the wearing of a face covering (mask) may be required. These are explained by color in the table above. Expectations within each box may be subject to change depending upon number of COVID cases identified within the community. For example: The state may be in green, but Ward county numbers are high enough to warrant our wearing masks full time.

Monitor your health daily

- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick should stay home.
 - Symptomatic students will be isolated, and their guardians contacted.

Health & Safety Protocols

Student & Staff Health

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. Surrey School will take the following measures to ensure all students and staff are healthy while they are at school.

Identifying Students & Staff at Higher Risk

- Back to School and enrollment processes may include questions asking families to identify if their child is at-risk, based on a health professionals' diagnosis. This information will be provided to the building principal (COVID-19 Coordinator) who will contact the family and discuss instructional model options.
- The administration will inquire of all employees if they are at-risk, based on a health professionals' diagnosis. The administrators will work in partnership with the employee to coordinate adjustments to the work schedule or workplace.
- When the NDDoH or our local health district informs the district of a student or staff member that is COVID-19 positive that information will be passed on to administration as allowable within district policy and law.
- Parents shall be provided the "Before School" checklist to assist them in determining if their child is well enough to attend school each day.
- Mass temperature checking will be at the discretion of the administration.

Isolation & Quarantine

- Definitions (see appendix for more information).
 - Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
 - Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.
- Surrey School will follow isolation and quarantine guidelines and directives as set by NDDOH and First District Health unit.

If a student or staff members becomes sick at school (or school event)

Student

- Direct / escort the child to the office.
- The child's temperature will be taken.
- If the temperature is above 100.4, the child shall be provided a facial covering and isolated in the building sick room.
- Parent / guardian will be contacted to pick up their child.

Staff

- Inform your supervisor immediately and wear a face mask / shield until they can be replaced if supervising students at that time.
- Leave the school building/grounds and consult with a health care professional.

Return to School

- When a student or staff member has been isolated or quarantined as directed by NDDoH or First District Health, they will be allowed to return to school following guidelines provided by the NDDoH.

Facility Accommodations & Protocols

Modify Layouts

- Space desks 6 feet apart when feasible.
- Arrange desks and table to face in the same direction when feasible.

Physical Barriers

- Social distancing signs to remind students to maintain social distance.

Communal Spaces

- Occupancy will be limited in communal spaces, such as lunchrooms, gymnasiums, and playgrounds, with modified or staggered schedules.
- Increase time between groups at lunch to allow for surface cleaning
- Physical barriers or blocking off urinals/sinks where social distancing cannot be maintained.
- Water fountains will be shut off or taped off. Bottle filling stations will remain functional.
- Staff and students are to bring their own water bottle to minimize the use and touching of water fountains.

Food Services

Providing nourishing meals to students is important for our students. The district shall take the following actions to ensure our students receive nourishing meals safely.

Safety Measures

- Touchless points of sale will be used when appropriate, or food service staff will enter all student lunch numbers to limit touching equipment.
- Food items commonly on salad bars must be served by staff.

Food During School Closures

- Meals may be offered to students during a school wide closure.

Transportation

Providing safe and reliable transportation for our students and families is always important. Families should be aware that the school district is unable to ensure social distancing is adhered to on all buses, all the time.

According to ND Restart guidelines as well as CDC guidelines, the cleaning of the buses between routes, as well as the number of students and their close proximity while waiting for city bus runs, does not allow us to provide the city bus routes this school year. For clarification- rural routes will run, but city routes will not run.

The transportation system is dependent upon drivers. COVID-19 may affect the total number of drivers available to the district. This will necessitate changes or reductions to district routes. Be aware these changes could happen on short notice.

The health and safety of our students on district transportation will be enhanced with the following procedures during the COVID-19 pandemic.

On the Bus

- Facial coverings are required on school buses. Masks are not provided by the school.
- Hand sanitizer will be available on the bus.
- Keep bus windows partially open when possible.
- Students will be assigned seats. This assists NDDoH and First District Health with contact tracing.
- Students may be asked to share seats as necessary.
- Busses will be sanitized after every route.

Family Dropoff

- Since social distancing on a bus is not feasible, families are encouraged to drop-off and pick-up their children at school.

Activity/Sports Transportation

- To be determined based upon NDHSAA guidelines.

Operational Guidance

Blue / Green	
Priorities:	<ul style="list-style-type: none">• Ensure students and staff who are symptomatic stay at home.• Implement reasonable accommodations to reduce school-wide and community spread.
Building Practices:	<ul style="list-style-type: none">• Social distancing where possible and reasonable.<ul style="list-style-type: none">○ Distancing on a school bus will be unachievable, we encourage parents to consider alternate transportation for their child.• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.• Handwashing integrated throughout the day.• Hand sanitizer available throughout each building.• Support and train parents on use of technology tools and online curricular resources.• Protective measures will be implemented in office spaces.

	<ul style="list-style-type: none"> • Some school events, assemblies and gatherings may be changed or cancelled. • Access to campus may be limited, with new protocols.
Classrooms:	<ul style="list-style-type: none"> • Students issued “technology” and trained on how to access online learning resources including digital platform system adopted by school. • Limited use of shared materials and supplies. • Desks arranged to allow for cohort groups and social distancing where possible and reasonable. • Staff and students working in close proximity will be advised to wear a face coving.
Common Areas:	<ul style="list-style-type: none"> • Students when moving around the building will move in cohort groups and reasonably try to limit exposure to other groups. • Schedules may be altered to reduce cohorts passing in common areas. • Lunch times and location may be altered to reduce the number of students in the cafeteria at any one time. • Lunch- all students in multipurpose room at staggered intervals • Breakfast- HS 7:45-8:25 Breakfast in 1st period classrooms Elementary- 7:45-8:25 Breakfast in multi-purpose room
Extracurricular Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.
Communications:	<ul style="list-style-type: none"> • Share information about how to stop the spread of COVID-19.

Yellow

Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Maximize social distancing cohort where possible. Distance learning option provided as needed. • Face masks may be required per ND Smart Restart guidelines.
-------------	--

Building Practices:	<ul style="list-style-type: none"> • Based on identified COVID cases of students and staff targeted closures may be implemented (class, grade, department, etc). While other schools remain open and meeting students in person. • Social distancing where possible and reasonable. <ul style="list-style-type: none"> ◦ Distancing on a school bus will be unachievable, we encourage parents to consider alternate transportation for their child. • Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas. • Handwashing integrated throughout the day. • Hand sanitizer available throughout each building. • Support and train parents on use of technology tools and online curricular resources. • Implement technology support line. • Protective measures will be maintained in office spaces. • Some school events, assemblies and gatherings may be changed or cancelled. • Access to campus may be additionally limited, with new protocols.
Classrooms:	<ul style="list-style-type: none"> • Students may be attending school on a hybrid schedule. • Students will be expected to engage in learning opportunities online using district digital platform system on days they are not in school. • Limited use of shared materials and supplies when students are in school. • Desks arranged to allow for cohort groups and social distancing where possible and reasonable. • Staff and students may be required to wear a face covering.
Common Areas:	<ul style="list-style-type: none"> • Address whether schedules might be altered to reduce cohorts passing in common areas. • Address lunch times and locations and how they may be altered to reduce the number of students in the cafeteria at any one time • LUNCH- HS will eat in classrooms, Elementary in Multi-purpose room • Breakfast- HS in first period classroom, Elementary in multipurpose room.
Extracurricular Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.
Communications:	<ul style="list-style-type: none"> • Share information about how to stop the spread of COVID-19. • Share technology support resources for parents.
<h2>Orange</h2>	
Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Maximize social distancing cohort where possible. Distance learning option provided as needed. • Face masks may be required per ND Smart Restart guidelines.

Districtwide Practices:	<ul style="list-style-type: none"> • Online instruction may be used district wide in all courses at all grade levels. • Instruction will focus on essential learning targets. • Attendance and academic progress will be expected. • Grading policies will not be suspended. • Implement internet access (Wi-Fi) hot spots around schools, to support distance learning for those that may not have it in their homes. • Local food distribution may be implemented by food service program.
Schools:	<ul style="list-style-type: none"> • Closed to the general public except by special arrangement with the district office. • Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.
Classrooms:	<ul style="list-style-type: none"> • Students may engage in on-line learning at home. • Students will be expected to engage in learning opportunities online (whatever your digital platform system).
Extracurricular Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities. • Athletic and other extra/co-curricular activities may be suspended.
Communications:	<ul style="list-style-type: none"> • Clear communication about academic expectations and grading shared with students and families. • Share technology support resources for parents. • Student/family support provided as needed.
Red	
Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Maximize social distancing cohort where possible. Distance learning option provided as needed. • Face masks will be required.
Districtwide Practices:	<ul style="list-style-type: none"> • Online instruction may be used district wide in all courses at all grade levels. • Instruction will focus on essential learning targets. • Attendance and academic progress will be expected. • Grading policies will not be suspended. • Implement internet access (Wi-Fi) hot spots around schools, to support distance learning for those that may not have it in their homes. • Local food distribution may be implemented by food service program.
Schools:	<ul style="list-style-type: none"> • Closed to the general public except by special arrangement with the district office. • Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.

Classrooms:	<ul style="list-style-type: none"> • Students may engage in on-line learning at home. • Students will be expected to engage in learning opportunities online (whatever your digital platform system).
Extracurricular Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities. • Athletic and other extra/co-curricular activities may be suspended.
Communications:	<ul style="list-style-type: none"> • Clear communication about academic expectations and grading shared with students and families. • Share technology support resources for parents. • Student/family support provided as needed.

Parents are asked to review this daily health checklist by answering these questions before sending their child to school.

(Parents do not need to send the questionnaire to school)

Daily Home Screening for Students

SECTION 1: Symptoms

If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

<input type="checkbox"/>	Temperature 100.4 degrees Fahrenheit or higher when taken by mouth;
<input type="checkbox"/>	Sore throat;
<input type="checkbox"/>	New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
<input type="checkbox"/>	Diarrhea, vomiting, or abdominal pain
<input type="checkbox"/>	New onset of severe headache, especially with a fever.

SECTION 2: Close Contact/Potential Exposure

<input type="checkbox"/>	Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19: OR
<input type="checkbox"/>	Had close contact (within 6 feet of an infected person for at least 15 minutes) with person under quarantine for possible exposure to SARS-CoV-2; OR
<input type="checkbox"/>	Traveled to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases as described in the Community Mitigation Framework
<input type="checkbox"/>	New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
<input type="checkbox"/>	Live in areas of high community transmission (as described in the Community Mitigation Framework) while the school remains open



cdc.gov/coronavirus



If you checked any of the questions **STOP!**

Do not send your child to Surrey School. Contact your healthcare provider. Contact your child's school to inform them of your child's absence.

COVID-19 EXCLUSION GUIDANCE

Decision Tree for Symptomatic Individuals in Child Care Programs

Send home or deny entry if **ANY** of the following symptoms are present:

Fever (100.4°F or higher) **OR** two or more of the following symptoms: fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain **OR** loss of taste and/or smell. This is in addition to general infectious disease exclusion guidance. People who are ill should contact their health care provider for additional guidance.

Has the person been clinically evaluated?

Tested Positive for COVID-19 *^c

Stay home at least 10 calendar days from onset of symptoms **and** for 24 hours with no fever **and** improvement of symptoms – **whichever is longer**.

Has the person been clinically evaluated?

Clinically diagnosed (not tested) for COVID-19 *^c

Stay home at least 10 calendar days from onset of symptoms **and** for 24 hours with no fever **and** improvement of symptoms – **whichever is longer**.

Has the person been clinically evaluated?

Alternate clinical diagnosis or laboratory confirmed condition (e.g., norovirus, hand/foot/mouth) ^d

Follow provider directions/ recommended treatment & return guidance

Follow the Child Care and School Infectious Disease Guidance.

For a person NOT clinically evaluated who is monitoring symptoms at home

Fever (100.4°F or higher) OR two or more of the following symptoms: fatigue, muscle aches, cough, sore throat, runny nose, nausea, vomiting, diarrhea, abdominal pain OR loss of taste/smell. ^c

Stay home at least 10 calendar days from onset **and** for 24 hours with no fever **and** improvement of symptoms – **whichever is longer**.

For a person NOT clinically evaluated who is monitoring symptoms at home

Other symptoms not consistent with COVID-19 ^d

Follow the Child Care and School Infectious Disease Guidance.

** Siblings & household members also stay home for 14 days from last exposure to a COVID-19 case while contagious*

^c (Red Box) = COVID-19

^d (Yellow box) = Other symptoms

COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
Who is it for?	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
What is it?	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
Where does it take place?	Takes place outside the home in public places like grocery stores and work environments.	Takes place in a home setting.	Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.
When do I use it?	At all times until further directed by the ND Department of Health.	If you have recently traveled internationally or have known exposure to the virus.	If you have tested positive or have symptoms and have not yet obtained a test.
How long is it for?	At all times until further directed by the ND Department of Health.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	A minimum of 10 days from the beginning of symptoms and 72 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
What does this mean for my daily life?	<ul style="list-style-type: none"> • Avoid large gatherings. • Stay 6-feet away from people. • If you are unable to stay 6-feet away from other people, wear a cloth face covering. • Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk. • If possible, work from home. • Practice good hygiene and avoid shaking hands or touching your face. • If you become ill and need medical attention, call your health care provider. 	<ul style="list-style-type: none"> • Stay at home and avoid close contact with others. • Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people. • Call or video-chat loved ones. • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. • Monitor your symptoms. If you become ill and need medical attention, call your health care provider. 	<ul style="list-style-type: none"> • Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom. • If you have a pet and live with others, do not touch your pet. • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation. • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. • If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom. • Contact your health care provider immediately if you experience severe symptoms.

Last updated 05/07/2020