



RED HOOK CENTRAL SCHOOL DISTRICT

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January 10, 2022

Good afternoon:

In an effort to keep you updated, I am writing to let you know that the [CDC](#) has issued updated guidance which has changed the rules related to quarantine and isolation. This guidance has been adopted by both the [New York State Department of Health](#), and the [Dutchess County Department of Behavioral & Community Health](#). Many thanks to Dutchess County as they continue to be supportive of our local school districts.

In accordance with the combined recommendations from the agencies above, the Red Hook Central School District (RHCS D) will adhere to the following protocols related to quarantining individuals, and those who test positive.

For isolation and quarantine of the general population, follow the recommendations below:

For individuals who test positive (regardless of vaccination status):

- Isolate for 5 days, where day 0 is the day of symptom onset or (if asymptomatic) the day of collection of the first positive specimen resulting in a COVID positive indicator.
- If asymptomatic at the end of 5 days or if symptoms are resolving, isolation ends, and the individual should wear a well-fitting mask while around others for an additional 5 days.
- Individuals who are moderately-severely immunocompromised should continue to follow the standard (i.e., not shortened) [Isolation Guidance](#).
- Individuals who are unable to wear a well-fitting mask for 5 days after a 5-day isolation should also follow standard (i.e., not shortened) [Isolation Guidance](#).

If exposed to a COVID-19 positive case, quarantine as follows, where day 0 is the last date of exposure:

- If not fully vaccinated, quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days. (**See below Test to Stay**)
- If fully vaccinated ([as amended by the DCDBCH memo](#)), no quarantine is required but these individuals should wear a well-fitting mask while around others for 10 days after the last date of exposure.
- If symptoms appear, isolate, and seek testing.
- If testing is not done, isolate according to the [guidance above](#).

Updated Test to Stay (TTS) 1/10/2022:

- TTS is only for those deemed in close and proximate contact to an index case in school and are not fully vaccinated but are asymptomatic.
- Parents choosing to keep their children in school via our test to stay program will only need to have their children test on days one, three and six (day of return) over the new five-day quarantine period.
- Staff may participate in TTS on days one, three and six (day of return) over the new five-day quarantine period.

- If a student or staff member test positive, they will immediately need to quarantine, and their name will be sent to the Department of Health. The nurse will discuss with these affected students and staff dates and times for testing.

We will be implementing these guidelines effectively immediately. Please check with the school nurse if your child is currently quarantined for date of return.

The guidance for schools is fluid and evolving. We appreciate your patience when speaking with school nurses and staff. Our goal continues to be maintaining in person learning along with the implementation of our mitigation and safety protocols. Community support is essential during these challenging times to keep everyone safe.

RHCSD has at-home test kits available for families. If you need a test kit and have not picked one up, please contact the Main Office at your child's school to obtain one.

If you have any additional questions about quarantining or isolation guidelines, or about the Test to Stay Program, please contact your school nurse.

Thank you,

Janet Warden