

ARLINGTON CENTRAL SCHOOL DISTRICT

COVID19 Questions and Answers

The following Q & A is based on our current guidance from [Dutchess County](#) and from [New York State](#). We will continue to keep you updated and will update this Q&A as we receive updated guidance.

What happens if a student or employee is experiencing symptoms associated with COVID19?

If your child is sick, please do not send them to school. Students who have diarrhea, vomiting or a fever will not be able to return to school until they are clear of all symptoms for 24 hours without the use of medication. Students are required to submit a negative COVID test for return to school once they are fever, vomiting, and/or diarrhea free for 24 hours. Please send a photo of an at-home test with the name and date of the individual to [your school health office](#).

Students with other COVID related symptoms, such as cough, shortness of breath, muscle/body aches, headache, loss of taste or smell, sore throat, congestion/runny nose and nausea are required to submit a negative home test in order to return to school. Please send a photo of an at-home test with the name and date of the individual to [your school health office](#).

What happens if a student or employee tests positive?

Please contact the school or your supervisor ASAP. If a student/employee tests positive, regardless of vaccination status, they will be excluded from attending school/work for at least **5 days** (Day 0 is the 1st day of symptoms or the day of the test if an individual is asymptomatic).

The isolation period has been shortened from 10 to 5 days provided the individual remains symptom-free or symptoms are resolving, including being fever free without fever reducers for 24 hours. Students and employees can return to school/work on day 6 as per these guidelines. If students or staff test positive for COVID19, you must wear a well-fitting mask from days 6-10 of your isolation period.

What are the guidelines for contact tracing?

Current school guidance emphasizes, and depends on, personal responsibility to contain the spread.

If you are a close contact (e.g. if you live in the same household as someone who tests positive), it is recommended that you follow the [New York State guidance](#). Quarantine is important because even before a person has tested positive for COVID-19 or has any symptoms, they can spread the virus without knowing. Individuals who learn they have been exposed or those who need to quarantine should use [the New York State Quarantine Self-Attestation form](#).

What are the quarantine recommendations if a student or employee is identified as a close contact of someone who tests positive for COVID19?

Vaccinated and Boosted Individuals: As per the Dutchess County Department of Behavioral & Community Health, fully vaccinated students/employees who are deemed close contacts do not need to quarantine. However, please monitor for symptoms and get tested on day 5 if possible.

- Anyone ages 12 or older and who has received all CDC recommended COVID-19 vaccine doses, including boosters if eligible and additional primary shots for some immunocompromised people.
- Anyone ages 5-11 years old who has completed the primary series of COVID-19 vaccines.
- Anyone who has had confirmed COVID-19 within the last 90 days (tested positive using a viral test, e.g. antigen or PCR).

Unvaccinated Individuals: Wear a [well-fitting mask](#) around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). **Get tested at least 5 days after** you last had close contact with someone with COVID-19. Please send a photo of an at-home test with the name

and date of the individual to [your school health office](#). If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations [NYS Isolation Guidelines](#).

Will Arlington notify families/employees if they are identified as closed contacts?

While schools no longer have the authority to mandate quarantine periods on behalf of the department of health, we do still have a responsibility to inform our community members of known close contacts with positive cases in our schools. As per the NYS guidance, "schools should continue to inform students and families of potential exposures: When known close contact with someone who tested positive for or has symptoms of COVID-19 occurs on the school campus, for example, in a classroom, schools should at least notify parents and guardians of affected students."

Going forward, you will receive an email if a classmate, teacher or bus mate has been identified as having COVID-19 so that you may test your child or go to your health care professional if they are experiencing symptoms.