

# COVID-19 Update

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January 12, 2021

# Updated Family Health and Safety Guide

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- Changes to quarantine requirements as per [New York State Department of Health's 12/26/2020 Memorandum](#)
  - Quarantine for individuals exposed to COVID-19 can end after ten days without a testing requirement if no symptoms have been reported during the quarantine period
  - Individuals must continue daily symptom monitoring through Day 14
  - Individuals must be counseled to continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14.
  - Individuals must be advised that if any symptoms develop, they should immediately self-isolate and contact the local public health authority or their healthcare provider to report this change in clinical status and determine if they should seek testing.
  - These quarantine requirements are also applicable to travelers who are not essential workers and/or who did not complete the testing requirements described in Executive Order 205.2.

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- Additional language for students that have already tested positive (according to the CDC, DCDBCH and our nurses)
  - If you have recovered from your symptoms after testing positive for COVID-19, you may continue to test positive for three months or more without being contagious to others. For this reason, you should be tested only if you develop new symptoms of possible COVID-19. Getting tested again should be discussed with your healthcare provider, especially if you have been in close contact with another person who has tested positive for COVID-19 in the last 14 days. [Isolate If You Are Sick \(CDC\)](#)
  - Close contacts who were diagnosed with COVID-19 by either (1) a positive RT-PCR test for SARS-CoV-2 RNA within the last 90 days or (2) a healthcare provider based on their symptoms, and 90 days or less have passed since their symptoms began.
  - Those with no current symptoms of COVID-19 do not have to quarantine, and retesting is not recommended.
  - Those with symptoms, should begin self-isolation immediately for 10 days after symptom onset and consult with a medical provider to determine if they may have been re-infected with SARS-CoV-2 or if symptoms are caused by another etiology. Contacts with no primary healthcare provider will need to be connected to telemedicine (e.g., videoconference or phone consultation). Negative test results for contacts do not change the length of quarantine. It is still 14 days. [Clinical Questions about COVID-19: Questions and Answers](#)

# Vaccines

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- Phases of vaccine distribution
  - We are currently in Phase 1a and initial groups from Phase 1b
  - Phase 1a includes, but is not limited to,
    - Registered Nurses
    - Psychiatrists and Psychologists and their staff
    - Physical Therapists and their staff
  - Beginning January 11, 2021 Eligible New Yorkers in Phase 1b:
    - Individuals age 75 and older
    - Sheriffs' Offices
    - P-12 school or school district faculty or staff (includes all teachers, substitute teachers, student teachers, school administrators, paraprofessional staff and support staff including bus drivers)
    - Contractors working in a P-12 school or school district (including contracted bus drivers)
- Vaccinating all New Yorkers in Phase 1A and 1B will likely take 14 weeks (as per the Governor last week)

# Vaccines

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- Vaccine supply is very limited.
- There are no appointments currently available at the points of dispensing (PODs) established by Dutchess County Government due the limited number of doses made available to the County from New York State.
- As more vaccine is distributed, more locations, including the County sites, will open more appointments.

# What's Next?

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- Unclear when we will need to test to remain in-person
  - Departure from red, orange, yellow zones was never documented
  - No executive order (or any other written document) about the 9%
- Commitment to keep schools open to in-person learning based on evidence that the restrictive mitigation strategies greatly limit spread of the virus in school buildings
- Arlington will evaluate the rate of infection on multiple levels to determine if we need to be remote only district-wide
- Arlington will evaluate the rate of infection and ability to staff buildings to determine if we need to have a building(s) be remote only