



COVID-19 Contact Notification Statement for Students

Your student has been exposed to another person who has tested positive for novel coronavirus disease 2019 (“COVID-19”). This exposure took place during the time the person was known to be contagious. Students who are infected with COVID-19 typically experience minor symptoms, or may be completely asymptomatic. However, even if your student does not have symptoms, he or she may be able to spread the virus to others.

Please take the following actions:

- a. Your student should self-quarantine—stay home from daycare, school, camp, sports activities, and other public places for at least 10 days from the last day of exposure (day 0).
- b. As much as possible, keep your student at least 6 feet away from other people in your home. This is particularly important if someone in your home is high risk for severe illness: adults over the age of 65 years, those with chronic diseases, and those with lowered immune systems.
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html>
- c. Avoid sharing personal items with your student in your household, like dishes, towels, and bedding.
- d. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs.
- e. Use regular household cleaning sprays or wipes according to the label instructions.
- f. Unless others in your household have also been exposed to COVID-19, they do not need to quarantine.
- g. If your student has a critical medical appointment that cannot be conducted virtually, call the healthcare provider ahead of time and tell them that your student has been exposed to someone with COVID-19.
- h. Monitor your student for symptoms carefully. If he or she develops any new symptoms of COVID-19 contact your student’s healthcare provider and consider getting him or her tested for COVID-19.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- i. The quarantine period may be shortened to 7 days if the student has not developed symptoms of COVID-19 AND the student receives a negative test for COVID-19 on day 5, 6 or 7 of the quarantine period. Documentation of the negative test may be required to end quarantine prior to 10 days. Check with your child’s school to determine if this option may be available for that facility.
- j. If your student does not develop symptoms within the 10-day quarantine period, he or she may return to school, sports, and other activities. **A negative test for COVID-19 is not required.**
- k. Your student should wash his or her hands often with soap and water for at least 20 seconds or clean his or her hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- l. For general questions about COVID-19, contact the Lexington-Fayette County Health Department at (859) 899-2222.

***For medical emergencies, call 911 and notify the dispatch personnel that your student has had exposure to COVID-19.**

For any additional questions about your student’s care, contact your student’s healthcare provider