



## SCHOOL EXPOSURE GUIDE

### WHAT SHOULD I DO NOW?

- 1. Begin Quarantine.** Stay home and limit exposure to others in the home. Ideally, the person exposed should have a dedicated bedroom and bathroom. If they must be in the same room with others, they should cover their nose and mouth. Only person who was directly exposed needs to quarantine.
- 2. Get Tested.** Testing is recommended for anyone with exposure, ideally, 5 days after the date you were last exposed. Kids ages 5+ can be tested at the Fishers testing site. Scheduling an appointment at [fishers.in.us/Coronavirus](https://fishers.in.us/Coronavirus).
- 3. Call Your Doctor.** Since your primary care physician knows your health history, we suggest reaching out to them to notify them of your exposure.
- 4. Symptoms?** If you develop symptoms, get tested. Call your doctor if you suspect an alternative illness or if your symptoms are severe. Everyone in the home should quarantine unless you receive an alternative diagnosis from your healthcare provider.
- 5. You Test Positive.** Begin isolation - stay home and away from others, including members of your household. The rest of your household needs to begin quarantine. Isolate for a minimum of 10 days from the start of your symptoms, or the date you are tested if don't have symptoms. You also need to show an improvement in your symptoms and have no fever within the last 24 hours of your isolation before you can end the isolation. Call your healthcare provider to notify them of your diagnosis.
- 6. Questions?** If you have any questions or concerns, please contact the Fishers Health Department at 317-567-5046.

## QUICK TIPS

You are infectious 48 hours prior to symptom onset.

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You need to quarantine even if you were exposed when masks were worn.

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If you develop symptoms, everyone in the home needs to begin quarantine.

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You will need to quarantine for the full 14 days, even if you test negative.

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Notify your healthcare provider.



## FISHERS HEALTH DEPARTMENT CONTACT TRACING TEAM

3 Municipal Drive, Fishers, IN 46038  
317-567-5046

Monday - Friday, 8:30 AM - 4:30 PM | [fishers.in.us/Coronavirus](https://fishers.in.us/Coronavirus)

# WHEN IS YOUR QUARANTINE OVER?

Received COVID positive test



**Isolate**

Exposed to COVID-positive person



**Quarantine**

Did you get tested?

**Yes**

Was your test positive?

**Yes**

Isolate for minimum of 10 days from 1st day of symptoms or day you were tested, (whichever came 1st).

**No**

Begin quarantine for 14 days from last day of exposure.

**No**

Do you have symptoms?

**Yes**

Isolate for 10 days from 1st day of symptoms.  
Siblings and household members are considered close contacts and should quarantine.

**No**

Quarantine for 14 days.

\*Continue to monitor symptoms until day 14. Sanitize, wear your mask, wash hands, and social distance!

## STATEMENT FROM THE FISHERS HEALTH DEPARTMENT

The CDC allows for a 7 or 10-day option in specific circumstances. IDOH allows for a 10-day option for schools, but only if masking, distancing, and sanitizing is strictly followed 100% of the time.

The Fishers Health Department interprets CDC's new guidance to be intended for participation in essential activities such as work and school, with the understanding that strict adherence to all provisions in the guidance must be followed, especially masking, distancing, and sanitizing. We do not recommend that individuals participate in non-essential activities or activities where distancing, mask-wearing, and sanitizing cannot be achieved during the 14-day full quarantine period, even in situations where those activities may be allowable as exceptions under the mask mandate, such as with vigorous exercise.

For consistency, HSE schools require a 14-day quarantine. Other schools may allow for the 10-day option.

FHD will be monitoring for additional guidance from the CDC and ISDH and adjusting accordingly.