



Canadian Valley Christian Academy

"Where Spiritual Development meets Academic Excellence"

CVCA Teachers and Staff,

Recently the U.S. Centers for Disease Control and Prevention updated/changed their guidance concerning COVID-19 quarantines. As a reminder, a quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. Quarantines must be followed inside and outside of school to be effective in preventing the spread of disease that can occur before a person knows they have the virus. Below is a summary of this updated guidance and how it will be applied at CVCA.

Updated Guidance Summary:

- A quarantine may end after Day 10 (previously 14) without testing and if no symptoms have been reported during daily monitoring.
- A quarantine may also end after Day 7 with a negative test if no symptoms were reported during daily monitoring:
 - The test can be a PCR (Polymerase Chain Reaction-Based) or rapid (Antigen) test.
 - The test must be administered within 48 hours of the end of quarantine, but no earlier than Day 5;
 - Regardless of a negative test, a quarantine cannot end earlier than after Day 7;
 - Even if a negative result is received on Day 5, do not exit quarantine until after Day 7.
 - Individuals who test out and return on Day 8 must give negative test results to their school administration before returning to class/work.
 - This option is dependent upon the sufficient availability of testing resources.
 - A positive test will result in an additional 10 day isolation from the date of the positive test;

In both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met. Additionally, the newly released guidance requires that when a shortened quarantine is in place, the following also should be in place through 14 days after exposure:

- Daily symptom monitoring
- Mitigation strategies, including correctly and consistently wearing a face covering and social distancing.

Thank you for your continued support as we continue to evaluate new guidance and adjust accordingly to provide the safest possible environment for our school.

CVCA Quarantine Guidelines

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exposure	Quarantine - Monitor for Symptoms					
					Eligible to Test in order to end Quarantine on Day 8	
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Quarantine - Monitor for Symptoms				Return to Normal Activities IF No Symptoms Present Monitor for Symptoms Mask Up & Wash Hands Social Distance		
	Resume normal activities ONLY with a Negative Test If No Symptoms Present					
Day 14	Procedure for "Testing Out" of Quarantine			<ol style="list-style-type: none"> 1. Receive a Negative Test On/After Day 5. 2. Individuals who test out and return early must give a copy of their negative test results to the Principal before returning to class. 		
	IF A POSITIVE TEST IS RECEIVED:			<ol style="list-style-type: none"> 1. Seek advice of a medical professional 2. Begin 10 days of isolation 3. Notify your Teacher/Principal 		