

Hello St. John's Families,

This week we learned that some of our students playing in organized sports may have come in close contact (defined below) with COVID-19 positive individuals. The information in this note will serve as an addendum to our [School COVID-19 Plan](#) that we introduced in August of 2020. In our initial publication, we explained that we would look to the CDC for guidance when it came to navigating the COVID-19 pandemic, as it pertained to St. John's School. The CDC recommendations below outline when and how long to quarantine. Additionally, we have attached the "When to End Quarantine" document from the Alaska Smart Start 2020 for your review. Thank you for your attention to this matter. – Lynn Streff, Administrator

If a student or staff member or a member of their family has come into "close contact" with someone who has tested positive for COVID-19, please inform our School immediately and follow the guidelines below.

Close contact is defined by the CDC as:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Quarantine Requirements:

If you realize that someone in your family (you, your child, sibling etc...) has come in close contact with a COVID-19 positive individual, the CDC advises a 14-day period of quarantine for those in your immediate family/household. A negative COVID-19 test doesn't shorten the period of quarantine. The 14-day clock starts on the day that you last had close contact with the person who was COVID-19 positive. When those 14 days are up, students, who have no lingering symptoms, may return to school.

Necessity for COVID-19 Testing:

On September 18, 2020, the CDC updated their guidelines to recommend that those who come in close contact with persons positive for COVID-19 also get tested for the coronavirus in order to assist with contact tracing. Because of the potential for asymptomatic and pre-symptomatic transmission, it is important to test and isolate any new positive cases of COVID-19. If your child is a student at our School and receives a positive test for COVID-19, please inform our School office so that we can take additional precautions in case other students or staff may have been exposed. **Again, a negative test doesn't shorten the 14-day quarantine.**

Why is your attention to these guidelines so important?

Due to how quickly COVID-19 is passed from person to person, it is very important that families adopt a common-sense and conservative approach to the possibility of close contact with someone who has tested positive. Your family's willingness to quarantine, if there is a possibility of having had close contact with a COVID-19 positive individual, can help the rest of our staff and students remain in the classroom. On the other hand, a dismissive or careless attitude to these guidelines could cause a rapid spread of the virus through our school causing all of us to have to resort to distance learning, not to mention the possibility of serious illness.

What about homework?

We understand that parents and students alike, want to see the continuation of in-person classes and that quarantine sounds pretty awful. But, please err on the side of caution and stay home if there is a chance your student or family member may be infected. Our teachers will send homework or possibly provide online opportunities to join classes during the day as they are able to do this in a way that is helpful and relatively easy to accommodate for the rest of the classroom.

Thank you again for your willingness to help us keep our school healthy!