

**COVID-19 Prevention in K-12 Schools**  
**November 5, 2021**

Schools are an essential part of community infrastructure and the return to in-person instruction for K-12 students is a priority. KDPH has prepared the below documents to assist schools with COVID-19 safety and prevention strategies for the 2021-2022 school year.

- [KDPH Guidance for K-12 School Operations for In-Person Learning: Layered Prevention Strategies](#)
- [KDPH Supplemental Guidance for a “Test to Stay” Modified Quarantine Strategy](#)
- [COVID-19 Testing Services for K-12 Schools](#)

The below educational materials have been prepared to assist schools in assessing COVID-19 exposures:

- [COVID-19 in Schools one-page information sheet](#)
- [Assessing COVID-19 exposures in K-12 schools flow chart](#)
- [Exposure Guidance for Fully Vaccinated \(English\)](#)
- [Exposure Guidance for Fully Vaccinated \(Spanish\)](#)
- [Exposure Guidance for Not Fully Vaccinated \(English\)](#)
- [Exposure Guidance for Not Fully Vaccinated \(Spanish\)](#)

**Guidance for K-12 School Operations for In-Person Learning:  
Layered Prevention Strategies  
November 5, 2021**

Schools are an essential part of community infrastructure and the return to in-person instruction for K-12 students is a priority. The purpose of this document is to provide information on prevention strategies that help protect students, teachers, and staff and slow the spread of COVID-19 in K-12 schools based on updated [CDC guidelines](#). This guidance emphasizes the implementation of layered prevention strategies to protect students, teachers, and staff and is intended to help school administrators and local health officials select appropriate, layered prevention strategies in their communities.

Prevention strategies

SARS-CoV-2 transmission in K-12 schools is largely influenced by disease incidence in the community and evidence from the 2020-2021 school year suggests K-12 schools can safely open for in-person instruction when layered prevention strategies are implemented. Decisions around the implementation of layered prevention strategies in the school community should be made collaboratively by local public health officials and school administrators. Factors that should be considered include:

- Level of [community transmission of COVID-19](#) and occurrence of outbreaks in the school or community.
- [COVID-19 vaccination coverage in the community](#) and among students, teachers, and staff.
- Frequency and use of a SARS-CoV-2 testing screening program for students, teachers, and staff who are not fully vaccinated.
- Ages of children served by the schools and associated social and behavioral factors that may affect the risk of transmission and feasibility of different prevention strategies.

Full implementation of all layers of protection is recommended when sustained [incidence of COVID-19 in a community](#) is substantial or high (orange or red). If any of the prevention strategies are removed for a school based on local conditions, they should be removed one at a time and increases in COVID-19 cases should be closely monitored. Schools should clearly communicate their strategies and anticipated changes in plans. community. The recommended layered prevention strategies include:

1. Vaccination

- **Promote and offer vaccination** to help increase the proportion of students (5 years of age or older), teachers, staff, and family members who are vaccinated by:
  - Encouraging teachers, staff, and family members to get vaccinated.
  - Providing on-site vaccination or [hosting vaccination clinics at schools](#).
  - Working with local partners to offer vaccination to eligible students and family members during pre-sport/extracurricular activity summer physicals.
  - Providing information to families about vaccine safety and availability in the community.

2. Masks

- **All persons  $\geq 2$  years of age should wear masks or face coverings while indoors** in all classroom and non-classroom settings, including buses operated by public and private school systems, unless otherwise exempted (e.g., cannot wear a mask due to disability), regardless of COVID-19 vaccination status. Masks should be required in compliance with federal, state, local, and organization regulations,

including the [CDC](#), the [Kentucky Department for Education](#) and the Kentucky Board of Education. Operators of school buses should refer to the [U.S. Department of Education's COVID-19 Handbook](#) for additional guidance. A driver does not need to wear a mask if they are the only person on the bus.

- **In general, people do not need to wear masks when outdoors**, though mask use may be considered in outdoor settings that involve sustained close contact with other people who are not fully vaccinated.

### 3. Physical distancing

- **Physical distancing of at least 3 feet is recommended** between K-12 students in classrooms where not everyone is fully vaccinated. To the greatest extent practicable, schools should reduce the number of students in each classroom, turn desks to face the same direction, utilize assigned seating, and remove nonessential furniture. Maximize physical distancing for unvaccinated persons who are eating meals indoors. Students should not be excluded from in-person learning to keep a minimum distance requirement.
- **Physical distancing of at least 6 feet is recommended between students and teachers/staff, and between unvaccinated teachers/staff.**
- **Utilize cohorts or pods** (a stable group with fixed membership that stays together through activities) as an additional strategy that facilitates more efficient contact tracing and minimizes opportunities for transmission, especially when it is challenging to maintain physical distancing (e.g., young children) or when other layered prevention strategies are discontinued.

### 4. Screening testing

- **Implement screening testing** for unvaccinated students, teachers, and/or staff to help promptly identify and isolate cases and to guide the use of layered prevention strategies in the school. [Screening testing](#) can be considered for unvaccinated individuals participating in sports, extracurricular activities, or other activities with elevated risk of COVID-19 transmission (e.g., singing, shouting, blowing instruments). Screening testing can also be implemented when known exposures to COVID-19 have occurred in the school setting. Regular use of a screening testing program should be considered when other layered prevention strategies are discontinued and/or when [community transmission of COVID-19](#) is substantial or high. In general, fully vaccinated persons should be exempted from a screening testing program. Testing should be conducted with informed consent from the appropriate person or parent/guardian.

### 5. Ventilation

- **Improve facility ventilation** to the greatest extent possible to increase circulation of outdoor air and increase delivery of clean air. Utilize outdoor spaces, where possible.

### 6. Handwashing and respiratory etiquette

- **Teach and reinforce handwashing** with soap and water for 20 seconds or use of hand sanitizer containing at least 60% alcohol. Ensure adequate supplies and opportunities for hand hygiene.

## 7. Isolation

- **Ensure sick students, teachers, or staff stay home** if they have fever and/or symptoms of COVID-19, including:
  - Fever ( $\geq 100.4^{\circ}\text{F}$ ) or feeling feverish (e.g., chills, sweating)
  - New cough
  - Difficulty breathing
  - Sore throat
  - Muscle aches or body aches
  - Vomiting or diarrhea
  - New loss of taste or smell
- **Ensure persons who test positive for COVID-19 self-isolate** away from school for 10 days after the start of their illness (or testing date) or otherwise follow the direction of the local public health department about when it is safe for them to be around others. COVID-19 test results that involve use of an “at-home” test kit and for which the specimen collection is not monitored by a trained healthcare provider and the test is not conducted by a CLIA-certified laboratory are not reportable to public health. Students, teachers, or staff who test positive for COVID-19 through a non-medically proctored “at-home” test should be recommended to self-isolate and obtain an additional test from a medical provider or laboratory to confirm the result.
- **Direct sick persons to isolate at home away from school.** Sick students, teachers, or staff who are not tested for COVID-19 may return when their symptoms resolve. Consider implementing a program to offer on-site rapid COVID-19 testing for sick students, teachers, or staff.

## 8. Quarantine and contact tracing

- **Schools should identify individuals who have had school activity-related close contact** with a person diagnosed with COVID-19 using state and local health department guidance. A close contact is someone who was within 6 feet of an infected person for a cumulative total of 15 minutes while the person was considered contagious.
  - **Exception:** In the K-12 indoor classroom setting, the close contact definition excludes students who were at least  $\geq 3$  feet away from an infected student if both students were engaged in consistent and correct use of masks and other K-12 prevention strategies were in place. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.
- **Fully-vaccinated persons do not need to quarantine** following an exposure to a person diagnosed with COVID-19 if they are not experiencing symptoms, but are recommended to be tested 5-7 days after an exposure and to wear a mask indoors and in public settings for 14 days or until a negative COVID-19 test is obtained. Fully vaccinated individuals are those who have received a Janssen (J&J) vaccine or the second dose of Pfizer or Moderna vaccine  $>14$  days prior to the exposure.
- **Unvaccinated persons who have documented COVID-19 illness in the 3 months prior to their exposure** (with a positive COVID-19 PCR or antigen test) **do not need to quarantine** if they are symptom-free. Antibody testing should not be used for determining need to quarantine; per the [FDA](#), results from currently-authorized SARS-CoV-2 antibody tests should not be used to evaluate a person’s level of immunity or protection from COVID-19 at any time.

- **Unvaccinated students, teachers, or staff who are identified as close contacts should be instructed to self-quarantine** regardless of whether the exposure occurred within or outside of the school setting. The last day of exposure to the case is considered day 0. [Quarantine may be discontinued](#):
  - After day 7 if the individual is symptom-free and receives a negative COVID-19 test 5 days or later after the last date of exposure to the case; or
  - After day 7 if the student is symptom-free and participating in a modified quarantine “test to stay” program; or
  - After day 10 without testing if the individual is symptom-free.

#### 9. Cleaning and disinfection

- **Improve facility cleaning** to the greatest extent possible. In general, cleaning once a day is enough to sufficiently remove potential virus that may be on surfaces. Consider cleaning high-touch, shared surfaces more frequently.

#### Additional recommendations

- Nonessential visitors, volunteers, and activities with people who are not fully vaccinated should be limited, particularly when there is moderate-to-high (orange or red) COVID-19 transmission in the community.
- Layered prevention strategies for school-sponsored sports and extracurricular activities should be implemented and continued from the 2020-21 school year based on guidance from the [KHSAA](#). Fully vaccinated persons do not need to physically distance but are recommended to wear a mask in indoor settings when [community transmission](#) is substantial or high (orange or red). Students who are not fully vaccinated and participate in indoor sports or other indoor higher-risk activities are recommended to continue wearing masks and keeping physical distance as much as possible. Schools should consider using screening testing for student athletes and adult participants who are not fully vaccinated.

## Supplemental Guidance for a “Test to Stay” Modified Quarantine Plan October 21, 2021

The purpose of this document is to provide guidance on an *optional* modified quarantine strategy for managing COVID-19 exposures in the school setting. [CDC](#) and [KDPH guidelines](#) emphasize the implementation of layered prevention strategies to protect students, teachers, and staff, which includes isolation of persons who test positive for COVID-19 and quarantine of unvaccinated contacts. This document outlines considerations for a “test to stay” modified quarantine to allow unvaccinated individuals who are exposed to COVID-19 at school to continue with in-person instruction with repeated negative COVID-19 testing.

### **School requirements of a Test to Stay modified quarantine strategy**

- 1) **Collaboration with the Local Health Department (LHD).** A decision about implementation of modified quarantine should be made with LHD consultation, and data should be shared with the LHD weekly about the number of individuals participating in the program and the number who tested positive while participating. If an increase in positive cases occurs in the school setting, the school district should consult with the LHD to determine if the Test to Stay modified quarantine should be discontinued and exposed unvaccinated individuals quarantined away from school.
- 2) **Implementation of a universal masking program** in the school for all students, teachers, and staff.
- 3) **Implementation of a [testing program](#)** at the school or in the school district that provides access to SARS-CoV-2 testing for students, faculty, and staff at no cost to the individual.
- 4) **Ensure testing is conducted with voluntary informed consent** from the appropriate person, parent, or guardian. If consent is withheld or cannot be obtained, exposed individuals are not candidates for this voluntary program and should quarantine per standard protocol.

### **Student eligibility requirements of a Test to Stay modified quarantine**

To be eligible for the Test to Stay modified quarantine, the individual must:

- **Be a K-12 student;**
- **Be entirely asymptomatic**, without any signs or [symptoms of COVID-19](#);
- **Wear a mask indoors** when at school for the entirety of the program, even if all test results are negative. The mask should fit securely over the nose and mouth;
- **Have been exposed to the person with COVID-19 at school only.** This strategy applies to *school-related exposures only* and is not applicable to exposures that occur outside of school or in the community (e.g., in a household, sports team, social activity). For example, an unvaccinated student who is a household member of someone who has tested positive for COVID-19 is not eligible for the Test to Stay modified quarantine; AND
- **Quarantine when not at school.** When not at school, the exposed student must stay home and refrain from all extracurricular activities, including sports and other activities in the community setting.

### **Exposure assessment with a Test to Stay modified quarantine option**

- **Schools should work with the LHD** to identify individuals who have had close contact with a person diagnosed with COVID-19. A close contact is someone who was within 6 feet of an infectious person for a cumulative total of 15 minutes in a 24-hour period.

- **Exception:** In the K-12 indoor classroom setting, the close contact definition excludes students who were at least 3 feet away from an infected student if both students correctly and consistently wore well-fitting masks the entire time and other K-12 COVID-19 prevention strategies were in place. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.
- **Close contacts should be notified of their possible exposure** and provided with [educational materials](#) about COVID-19.
- **Fully-vaccinated persons do not need to quarantine** following an exposure to a person diagnosed with COVID-19 if they are not experiencing symptoms but are recommended to be tested 5-7 days after an exposure and to wear a mask indoors and in public settings for 14 days or until a negative COVID-19 test is obtained. Fully vaccinated individuals are those who have received a Janssen (J&J) vaccine or the second dose of Pfizer or Moderna vaccine  $\geq 14$  days prior to the exposure.
- **Unvaccinated students, teachers, or staff** who are identified as close contacts who were exposed within the school setting should be instructed to either:
  - **Self-quarantine away from school for 7 days** after the last exposure (day 0). The individual may return on day 8 if they are symptom-free and receive a negative COVID-19 PCR or antigen test on day 5, 6, or 7; OR
  - **Self-quarantine away from school for 10 days** after the last exposure (day 0). The individual may return on day 11 without testing if they are symptom-free; OR
  - **Participate in the Test to Stay modified quarantine for 7 days** (students only). Students may continue with in-person instruction if the Test to Stay Protocol listed below is followed. The student may discontinue modified quarantine on day 8 if they are symptom-free and receive a negative COVID-19 PCR or antigen test on day 5, 6, or 7.
- Unvaccinated persons who have documented COVID-19 illness in the 3 months prior to their exposure (with a positive COVID-19 PCR or antigen test) do not need to quarantine if they are symptom-free. Antibody testing should not be used for determining need to quarantine; per the [FDA](#), results from currently-authorized SARS-CoV-2 antibody tests should not be used to evaluate a person's level of immunity or protection from COVID-19 at any time.

### **Test to Stay Protocol**

- Testing should occur at the school or at an offsite location accessible to students at no cost.
- The test should be an FDA-approved rapid antigen or PCR (NAAT) test to identify [current SARS-CoV-2 infection](#) and be performed by a licensed healthcare provider or trained personnel under a CLIA-waiver. The type of test should be selected based on the availability of testing supplies and the anticipated turnaround time for results.
- Testing frequency should be determined by the sensitivity of the type of test selected. The sensitivity of rapid antigen tests varies but is generally lower than most PCR tests, therefore rapid antigen tests may be less likely to detect a small amount of virus before the onset of symptoms, leading to more false-negative results. More frequent testing is recommended when using a less sensitive rapid antigen test.
  - **PCR testing option:** PCR (NAAT) testing should occur *at minimum every-other day that the student is in-person at the school*, starting as soon as possible from the last day of exposure (day 0) through day 7. If testing does not occur over the weekend, testing should occur on both Fridays and Mondays.

- Example 1: Exposures occurred 9/8 and 9/9 and reported to school on 9/10. Modified quarantine for exposed students starts 9/10 (day 1). Testing should occur on 9/10 (Friday), 9/13 (Monday), 9/15 (Wednesday). Students may discontinue modified quarantine on 9/17 (Friday) if all tests are negative and student remains asymptomatic.
- Example 2: Exposure occurred 9/13 and reported to school on 9/14. Modified quarantine for exposed students starts 9/14 (day 1). Testing should occur on:
  - 9/14 (Tuesday), 9/16 (Thursday), 9/17 (Friday), 9/20 (Monday). Students may discontinue modified quarantine on 9/21 (Tuesday) if all tests are negative and student remains asymptomatic. OR
  - 9/15 (Wednesday), 9/17 (Friday), 9/20 (Monday). Students may discontinue modified quarantine on 9/21 (Tuesday) if all tests are negative and student remains asymptomatic.
- **Rapid antigen testing option:** Rapid antigen testing should be performed each day that the student is in-person at the school, starting as soon as possible after the last day of exposure (day 0) through day 7. If possible, testing should occur at the start of the day and negative results should be received before the individual participates in school activities.
- If a test result is positive, the individual must be sent home to isolate immediately.
- Where possible, exposed students should refrain from riding a school bus or riding with other non-household members to school while in modified quarantine.
- Symptom screening of students on modified quarantine, including temperature checks, should occur daily.
- Students who refuse to receive their scheduled SARS-CoV-2 testing should be immediately sent home from school to quarantine and follow the standard quarantine procedures.

### **Additional considerations**

- The Test to Stay modified quarantine strategy may be most appropriate for school settings where students are cohorted in a single classroom or grade and are not mixing with other students.
- The Test to Stay modified quarantine may not be appropriate for all in-school exposures. It is reasonable to consider additional factors to determine whether the exposure presents higher risk, such as:
  - Inconsistent use of masks or other layered prevention strategies in the setting.
  - Total number of cumulative days of exposure (e.g., infectious individual only present in school 1-2 days during infectious period vs. an entire week).
  - Participation in activities that are high risk for disease transmission (e.g., singing, shouting, playing wind instruments).

## COVID-19 Testing Services for K-12 Schools September 15, 2021

The [K-12 School COVID-19 Testing Program](#) is a voluntary program supported by federal grant funding and offered by the Kentucky Department for Public Health (KDPH) in partnership with the Centers for Disease Control and Prevention (CDC). The goal of this program is to provide access to COVID-19 testing for teachers, staff, and students in K-12 schools, at no cost to the individuals, to assist schools in reopening safely for in-person instruction. KDPH has established an ongoing request for proposals and contracting process for approved laboratory service providers that schools or school districts can utilize for testing services. School district leaders have the option to sign up with one or more approved laboratory service provider to establish a COVID-19 testing program that meets the need of the school community.

To establish COVID-19 testing in the school community, school district leaders should visit the [K-12 Testing Lab Marketplace](#) and select from the [approved laboratory service providers](#) with whom to partner. School leaders can search for an approved laboratory service provider available in their county. Once a laboratory service provider is identified, school leaders should contact the laboratory using the points of contact listed for that laboratory.

In addition to the KDPH contracted laboratory service providers, the U.S. Department of Health and Human Services has also directly contracted with [Affinity Empowering](#) to provide an additional COVID-19 testing option for K-12 schools in Kentucky. This option is available to schools in all Kentucky counties.

Considerations for determining the type of testing programs and laboratory service provider include:

- Lead time needed by laboratory service provider to provide the testing at the school
- Scheduling availability
- Number of minimum individuals needed to be tested
- Types of SARS-CoV-2 tests offered and turnaround time for results
- Process for reporting results to the school and local health department

Laboratory testing providers approved to provide COVID-19 testing in K-12 schools may be utilized for several types of testing programs, including:

- Screening testing for surveillance in schools or extracurricular activities
- Pop-up testing at school-related events (e.g., sports game)
- Modified quarantine “test to stay” programs
- Symptomatic testing



# COVID-19 in Schools

If a student, teacher, or staff member tests positive for COVID-19 or thinks they may have COVID-19, follow this guidance to keep the community safe.

## WHAT TO DO

### Anyone who thinks they may have COVID-19 should stay away from school

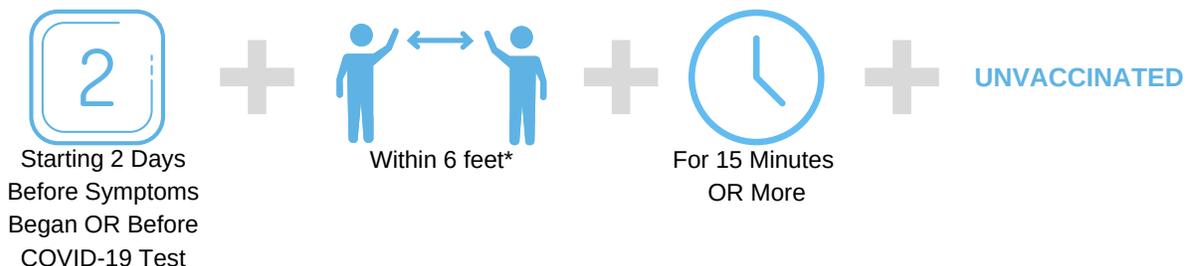
All students, teachers, and staff who think they may have COVID-19 should stay away from school even if they have been vaccinated for COVID-19. Symptoms of COVID-19 include fever, chills, new cough, shortness of breath, headache, sore throat, vomiting, diarrhea, and loss of taste or smell. Sick persons are advised to get a COVID-19 test and stay away from school while awaiting test results to prevent unknowingly exposing others.

### Anyone with a positive COVID-19 test should self-isolate for 10 days even if they are vaccinated

Anyone who has tested positive for COVID-19 should notify the school immediately and self-isolate (stay away from school and others) for 10 full days starting from either the first day of the start of symptoms, or the day of testing if the person does not have symptoms. If the positive test is from an "at home" test kit that is not monitored by a trained health official, then the test might not be reported to the health department; the individual should continue to self-isolate and obtain an additional test from a medical provider or school recommended testing site to confirm the test result. If no additional test is received, the person should still self-isolate for 10 days.

## WHO SHOULD QUARANTINE

**Exposure at school:** If a student, teacher, or staff member tests positive, the school should be informed immediately so that close contacts can be identified and those who need to quarantine can be notified. This is critical to slowing the spread of COVID-19.



- Unvaccinated contacts who do not have a documented (positive PCR or antigen test) COVID-19 infection in the prior 3 months should quarantine for:
  - 10 full days if they have **NO symptoms**; or
  - 7 days if they have **NO symptoms** and **test negative (PCR or antigen) on or after day 5 of quarantine**.

Students may be able to continue with in-person instruction if the school is following a "Test to Stay" protocol for modified quarantine. Learn more about [KDPH Guidance](#) for schools.
- Fully vaccinated contacts do not need to quarantine unless they are experiencing symptoms of COVID-19, but are recommended to get a COVID-19 test 5-7 days after their exposure and wear a mask in school settings for 14 days or until a negative test result is received.

\*In the K-12 indoor setting, students who are  $\geq 3$  feet away from an infected student do not need to quarantine if both students were consistently wearing masks. This exception does not apply to teachers, staff, other adults, or exposures outside of the classroom.

October 20, 2021



# COVID-19 in Schools

## Guidelines for Quarantine After Exposure in K-12 School Settings

This chart can help guide quarantine decisions for COVID-19 exposures that occur in school settings.

### Determine case's infectious period based on the date of onset of symptoms:

First date of infectious period  
2 days prior to onset.

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date of onset of symptoms  
(or COVID-19 test if asymptomatic)

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Last date of infectious period  
10 days after onset.

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Was the COVID-19 case in school or a participant in school activities during infectious period?

Was anyone  $\leq 6$  feet\* of the case for  $> 15$  minutes during the infectious period?

**YES**

**NO**

**YES** | **NO**

No at school exposures need to be assessed. The case should self-isolate away from school until after the last day of the infectious period. Individuals exposed to the case outside of school may need to quarantine (e.g., household contacts).

Has the contact had a documented COVID-19 infection (positive PCR or antigen test) in the prior three months?

**NO**

**YES**

Contact does not need to quarantine as long as they have **NO** symptoms.

Is the contact fully vaccinated?

**NO**

**YES**

#### Contact should:

Quarantine away from school and extracurricular activities for:

- **10 full days if no they have NO symptoms; or**
- **7 days if they have NO symptoms and test negative (PCR or antigen) on or after day 5 of quarantine.**

If a school has a modified quarantine "test to stay" program, students may continue to attend school if they have no symptoms and receive repeated negative COVID-19 tests.

#### Contact should:

- Wear a mask indoors.
- May remain in the normal in-person classroom setting and participate in extracurricular and sport activities as long as they have no symptoms.
- Be tested 5-7 days after exposure. If they test positive they should isolate for at least 10 days from the date of the positive test.

\*In the K-12 indoor setting, students who are  $\geq 3$  feet away from an infected student do not need to quarantine if both students were consistently wearing masks. This exception does not apply to teachers, staff, other adults, or exposures outside of the classroom.

October 20, 2021



# If you were exposed to COVID-19 and are FULLY VACCINATED

## Take steps to protect yourself and others:

- Get tested 5-7 days after the last day you were exposed to COVID-19.
- Wear a mask in indoor public settings for 14 days after your last day of exposure or until you receive a negative test result.
- If you do not have symptoms of COVID-19, you do not need to quarantine.
- Monitor for symptoms for 14 days following your last day of exposure.
- Consider wearing a mask at home if you live with persons who are at high risk.

## Isolate yourself if you develop symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

## If your Local Health Department calls you, tell them:

- Basic information about you
- Where you been (work, school, house of worship, etc.)
- Your medical history and vaccine information
- If you have COVID-19 symptoms and when they began
- If you need support or help call your healthcare provider

October 20, 2021



Kentucky Public Health

Prevent. Promote. Protect.

TEAM  
KENTUCKY



KENTUCKY  
Cabinet for Health and  
Family Services

# Si estuvo expuesto al COVID-19 y está COMPLETAMENTE VACUNADO

## Tome medidas para protegerse a usted mismo y a los demás:

- Hágase la prueba 5-7 días después de la fecha en la que estuvo expuesto al COVID-19.
- Use una mascarilla en entornos públicos bajo techo durante 14 días o hasta que reciba el resultado de una prueba negativa.
- Si no tiene síntomas del COVID-19, no tiene que mantener la cuarentena.
- Esté atento a los síntomas durante 14 días a partir de la exposición.
- Considere el uso de una mascarilla en casa si vive con personas que están en mayor riesgo.

## Aíslese si desarrolla síntomas:

- Fiebre o escalofríos
- Tos
- Falta de aire o dificultad para respirar
- Fatiga
- Dolores musculares o corporales
- Dolor de cabeza
- Pérdida reciente del gusto o del olfato
- Dolor de garganta
- Congestión o escurrimiento nasal
- Náusea o vómitos
- Diarrea

Busque atención médica de emergencia si experimenta dolor en el pecho, si los labios o las uñas están azulados o grises, o si tiene dificultad para mantenerse despierto.

## Si el Departamento de Salud Local le llama, dígales:

- Información básica sobre usted
- Dónde ha estado (trabajo, escuela, iglesia, etc.)
- Su historia médica y de vacunación
- Si tiene síntomas del COVID-19 y cuándo comenzaron estos
- Si necesita ayuda, llame a su proveedor de atención médica

20 de octubre del 2021

# Si estuvo expuesto al COVID-19 y NO ESTÁ COMPLETAMENTE VACUNADO

Póngase en cuarentena para protegerse a usted mismo y a los demás:

- Quéedese en casa. No salga al trabajo, a la escuela ni a otros lugares públicos. Mantenga la cuarentena durante:
  - 10 días completos si NO tiene síntomas; o
  - 7 días si NO tiene síntomas y da negativo en una prueba en o después del día 5 de la cuarentena.

Infórmese más sobre las [Recomendaciones de los CDC sobre la cuarentena](#).

- Manténgase alejado de las personas con las que vive, si es posible. Considere el uso de una mascarilla en casa si vive con personas que están en mayor riesgo.
- Considere la vacunación cuando sea posible.

Si desarrolla cualquiera de estos síntomas, hágase la prueba:

- Fiebre o escalofríos
- Tos
- Falta de aire o dificultad para respirar
- Fatiga
- Dolores musculares o corporales
- Dolor de cabeza
- Pérdida reciente del gusto o del olfato
- Dolor de garganta
- Congestión o escurrimiento nasal
- Náusea o vómitos
- Diarrea

Busque atención médica de emergencia si experimenta dolor en el pecho, si los labios o las uñas están azulados o grises, o si tiene dificultad para mantenerse despierto.

Si el Departamento de Salud Local le llama, dígalos:

- Información básica sobre usted
- Dónde ha estado (trabajo, escuela, iglesia, etc.)
- Su historia médica y de vacunación
- Si tiene síntomas del COVID-19 y cuándo comenzaron estos
- Si necesita ayuda, llame a su proveedor de atención médica

20 de octubre del 2021

# If you were exposed to COVID-19 and are NOT FULLY VACCINATED

## Self-quarantine to protect yourself and others:

- Stay home. Do not go to work, school, or other public places. Self-quarantine for:
  - 10 full days if you have NO symptoms; or
  - 7 days if you NO symptoms and test negative on or after day 5 of quarantine. Learn more about the [CDC Quarantine Guidance](#).
- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with persons who are at high risk.
- Consider vaccination when able.

## If you develop any of these symptoms, get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

## If your Local Health Department calls you, tell them:

- Basic information about you
- Where you been (work, school, house of worship, etc.)
- Your medical history and vaccine information
- If you have COVID-19 symptoms and when they began
- If you need support or help call your healthcare provider

August 18, 2021



Kentucky Public Health  
Prevent. Promote. Protect.

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KENTUCKY  
Cabinet for Health and  
Family Services

# Si estuvo expuesto al COVID-19 y NO ESTÁ COMPLETAMENTE VACUNADO

Póngase en cuarentena para protegerse a usted mismo y a los demás:

- Quéedese en casa. No salga al trabajo, a la escuela ni a otros lugares públicos. Mantenga la cuarentena durante:
  - 10 días completos si NO tiene síntomas; o
  - 7 días si NO tiene síntomas y da negativo en una prueba en o después del día 5 de la cuarentena.

Infórmese más sobre las [Recomendaciones de los CDC sobre la cuarentena](#).

- Manténgase alejado de las personas con las que vive, si es posible. Considere el uso de una mascarilla en casa si vive con personas que están en mayor riesgo.
- Considere la vacunación cuando sea posible.

Si desarrolla cualquiera de estos síntomas, hágase la prueba:

- Fiebre o escalofríos
- Tos
- Falta de aire o dificultad para respirar
- Fatiga
- Dolores musculares o corporales
- Dolor de cabeza
- Pérdida reciente del gusto o del olfato
- Dolor de garganta
- Congestión o escurrimiento nasal
- Náusea o vómitos
- Diarrea

Busque atención médica de emergencia si experimenta dolor en el pecho, si los labios o las uñas están azulados o grises, o si tiene dificultad para mantenerse despierto.

Si el Departamento de Salud Local le llama, dígalos:

- Información básica sobre usted
- Dónde ha estado (trabajo, escuela, iglesia, etc.)
- Su historia médica y de vacunación
- Si tiene síntomas del COVID-19 y cuándo comenzaron estos
- Si necesita ayuda, llame a su proveedor de atención médica

18 de agosto del 2021