



# Smart Restart Update

12.3.2020

Dear Fargo Public Schools Families,

On Wednesday, December 2, the North Dakota Department of Health issued new guidance reducing the number of days close contacts need to quarantine following an exposure to a COVID-positive individual. The new guidance is included below. Fargo Public Schools adopts this guidance and it is now in effect for staff members and students.

## COVID-19 Quarantine Guidance

### Positive COVID-19 Cases

- NO change. Isolate for 10 days.

### Masked Close Contacts

- NO change. Self-Monitor for 14 days.

### Unmasked Close Contacts (in and out of school)

- Quarantine decreases to 10 days instead of 14.
- May be tested on Quarantine Day 6 or after and return Day 8 (completed seven days offsite) if negative test result received. Must provide proof of negative test result dated within appropriate timeframe to the school.
- Must be masked at all times and recommend self-monitoring for symptoms through 14 days.

### Household Close Contacts

- STILL COMPLETE 10-day isolation with positive case, THEN complete a quarantine period of 10 days (instead of 14). This would be a total of 20 days (used to be 24).
- May be tested on Quarantine Day 6 or after and return Day 8 (completed seven days offsite) if negative test result received. Must provide proof of negative test result dated within appropriate timeframe.
- Must be masked at all times and recommend self-monitoring for symptoms through 14 days.
- If positive case can be completely isolated in the home, household members can begin their 10-day quarantine immediately.

To test out of quarantine, individuals can either do a PCR test or a rapid antigen test. The earliest a test should be done is 48 hours before being released from quarantine. Individuals must continue to quarantine while awaiting test results. Individuals should continue to monitor their symptoms and wear a face covering for the full 14 days.



School staff will be reaching out to families of students currently in quarantine that may be impacted by this change. If you have questions, please contact your school office.

Information and guidance associated with COVID-19 continues to change at a rapid pace. Thank you for your continued understanding and flexibility as we navigate the COVID-19 global pandemic.

Sincerely,  
Rupak Gandhi, Ph.D.  
Superintendent

