

Sample Close Contact Letter from Provider

DATE

Dear Parents or Guardian:

We have been informed that a **child/staff member** in our program has been diagnosed with COVID-19. Your child has been identified as a close contact of the individual who has COVID-19.

Quarantine Guidelines

The South Dakota Department of Health (SD-DOH) and the Center for Disease Control (CDC) recommends a quarantine period for all close contacts. Quarantine separates people who were exposed to a contagious disease to see if they become sick. Quarantined people must stay at home, so they don't unknowingly spread the disease. If a quarantined individual becomes ill, they should seek an evaluation from a healthcare provider. The quarantine period is the length of the incubation period (or how long it may take a person to become ill with COVID-19) for COVID-19.

SD-DOH and CDC recommends 14 days of quarantine from the day of last exposure to a person with COVID-19. However, if a quarantined individual remains asymptomatic, they may be released from quarantine after either 7 or 10 days, according to the following criteria:

- Release from quarantine after 7 days if the close contact:
 - ✓ Has remained asymptomatic (has no symptoms) AND
 - ✓ Has a negative test that was collected on Day 5 or later, after their last contact with a person with COVID-19 (i.e., Day 5 of their quarantine or later)
- Release from quarantine after 10 days if the close contact:
 - ✓ Has remained asymptomatic (has no symptoms)
- All close contacts should continue to monitor their symptoms for the remainder of the 14-day period and will stay at home and seek medical evaluation if they become sick.

Free at home saliva testing is offered at no cost from the State of South Dakota. For more information, please visit: <https://learn.vaulthealth.com/southdakota/>. If this testing is utilized to shorten quarantine length, be advised that the saliva sample should be collected on or after Day 5 from last contact with a positive individual.

South Dakota Department of Health

In accordance to SD-DOH and Department of Social Services (DSS) regulations, we will be providing SD-DOH with information regarding how to contact individuals (or their

parent/guardian) who were named as close contacts. SD-DOH may contact you either through phone, text, or e-mail to provide information regarding quarantine guidelines.

Signs and Symptoms of COVID-19

The COVID-19 virus is spread from person-to-person, mainly through respiratory droplets produced when an infected person coughs or sneezes. Spread is more likely to occur when people are in close contact with one another (within 6 feet for at least 15 minutes during a day).

Symptoms include:

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

If your child develops symptoms of COVID-19 while on quarantine, contact your medical provider. If you take your child to a healthcare provider for COVID-19 evaluation, please bring this letter with you. For more information on COVID-19, visit <https://covid.sd.gov/>.

Sincerely,

Director or owner (or other responsible party)