

## Glossary

**Isolation:** Sick individuals should separate from others, stay in a specific “sick room” or area, and use a separate bathroom, if possible.

**Quarantine:** Individuals who have been exposed to someone with COVID-19 should separate from others, monitor for symptoms, and get tested on or after day 5. Test sooner if symptoms develop. See school alternatives to quarantine, below.

**Close Contact:** Being within six feet of an infected person (with or without a face mask) for a total of 15 minutes or more, in a 24-hour period or having unprotected direct contact with secretions or excretions of a person with confirmed COVID-19 during the infectious period in either an indoor or outdoor setting.

**Test to Stay:** A program of testing contacts exposed in the school setting to quickly identify positives and let those contacts that remain negative continue in-school instruction.

**Return to School Criteria:** An individual can return to school when they have completed the isolation period required by their school policy, their symptoms are improving, and it has been 24 hours without fever and the use of fever-reducing medications.

**Up-To-Date Vaccination:** See chart below.

You are UP-TO-DATE with your COVID-19 vaccines when:				
18 or older	Any of these			
	2 doses* <b>Pfizer</b> or <b>Moderna</b> & <b>Booster*</b>	1 dose <b>J&amp;J</b> & <b>Booster</b>	2 <sup>nd</sup> dose* <b>Pfizer</b> or <b>Moderna</b> 2 weeks to 5 months* ago	1 dose <b>J&amp;J</b> 2 weeks to 2 months ago
12-17 years old	Any of these			
5-11 years old	2 doses* <b>Pfizer</b> & <b>Booster*</b>		2 <sup>nd</sup> dose* <b>Pfizer</b> 2 weeks to 5 months* ago	
	2-doses* <b>Pfizer</b> at least 2 weeks ago			

*\*Those with moderately/severely weakened immune systems should receive a 3<sup>rd</sup> dose and get their booster 3 months later.*

*NOTE: If you received a COVID-19 vaccine **outside of the United States**, speak with a medical provider or call the PDPH COVID Call Center to see if you are up-to-date.*

## Supplemental Guidance for Test to Stay

Last updated 3/25/2022

The purpose of this document is to provide guidance on an optional strategy for managing COVID-19 exposures in the school setting. Although testing is optional, the CDC continues to recommend routine school testing to avoid or reduce the potential impact of school outbreaks. Individuals participating in the program are still considered to be under quarantine, and as such, should continue to follow quarantine guidelines when outside of school.

If this policy is adopted, it is meant to be offered to **all students and staff**. Allowing individual students or select groups to participate solely based on status would be discriminatory and inequitable.

CDC and PDPH 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. Close contacts have the option to mask to stay, test to stay or quarantine, see below.

School Exposure Option	Masking	Testing	Recommended groups
1) Mask to Stay	10 days (no test) OR 7 days (test on day 5)	Within 48 hours and on or after day 5 (Recommended but not required)	All 2+ unless unable to mask
2) Test to Stay	7 days	Every other day for 7 days	All 2-11, regardless of vaccination status 12-17 who have not completed a two dose primary series 18+ not up to date
3) Quarantine for *10 days	n/a	Recommended on or after day 5	Unable to mask (including all <2 years)

Please note that this guidance is not intended for schools experiencing an outbreak or a rapid rise in cases; under such circumstances test to stay should not be used or should be discontinued. If at any time the school positivity rate rises above 10%, the school district or LEA should consult with PDPH for further guidance. Please refer to [current PDPH guidance](#) for additional details on responding to COVID-19 outbreaks in schools.

### School requirements for Test to Stay

- 1) **Collaboration with the Local Health Department (PDPH).** We appreciate any efforts to share data about participation and resulting positives. We are also available to consult on decision making with schools, as needed.
- 2) **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.
- 3) **Ensure testing is conducted with voluntary informed consent** from not only the appropriate person, but the parent or guardian as well.
- 4) **Extra testing the day of inter-school events when applicable.** If the individual participates in extracurriculars that involve members outside of the school community, additional testing the *day of the event* can be considered, if not already scheduled as part of the original test to stay cadence.

#### **Individual requirements for Test to Stay:**

- 1) Has not tested positive for COVID-19 in the last 10 days.
- 2) No active symptoms.
- 3) Able to wear a mask consistently and correctly, with mask fitted securely over the nose and mouth.

#### **Test to Stay Protocol**

1. Testing may occur at home, in school or at an offsite location accessible to students at no cost to the student.
2. Participating individuals should mask for the duration of the program.
3. The test should be an FDA-approved rapid antigen or PCR (NAAT) test to identify current SARS-CoV-2 infection.
4. The type of test should be selected based on the availability of testing supplies and the anticipated turnaround time for results. At-home tests should be performed according to manufacturer's instructions.
5. Testing is recommended 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.
6. If a test result is positive, the individual must be sent home to isolate immediately.

## Testing Cadence Examples

### Example 1: Testing begins on Friday, no participation in weekend extracurriculars

**Scenario:** An individual began showing symptoms on Thursday and received a positive result that same day. Their close contacts are identified and notified, and those who opt-in begin participating in the Test to Stay program on Friday.

Below is an example of a student who will receive a rapid test when they arrive at school on Friday, and the following Monday and Wednesday. They do not participate in any school extracurricular activities on the weekend, so they will quarantine at home when the student's school day ends and for the two weekend days. Their last day of rapid testing will be on Wednesday, assuming all tests are negative, and no other student or staff member tests positive during the testing period. The student must mask during that 7-day period. If all test results are negative, the student may stop masking on day 8, but should continue to monitor for symptoms for a full 10 days from last exposure.



### Example 2: Testing begins on Friday, with a long weekend and no participation in extracurriculars

**Scenario:** An individual began showing symptoms on Thursday and received a positive result that same day. Their close contacts are identified and notified, and those who opt-in begin participating in the Test to Stay program on Friday.

Below is an example of a student who will receive a rapid test when they arrive at school on Friday, and the following Tuesday and Thursday. They do not participate in any school extracurricular activities on the weekend, and there is no school on Monday, so they will quarantine at home when the student's school day ends and at home for those three days. Their last day of rapid testing will be on Thursday, assuming all tests are negative, and no other student or staff member tests positive during the testing period. The student must mask during that 7-day period. If all test results are negative, the student may stop masking on day 8, but should continue to monitor for symptoms for a full 10 days from last exposure.



### Example 3: Testing begins on Tuesday, no participation in extracurriculars; two options

Scenario: An individual began showing symptoms on Monday and received a positive result that same day. Their close contacts are identified and notified, and those who opt in begin participating in the Test to Stay program on Tuesday. They do not participate in any school extracurricular activities on the weekend, so they will quarantine at home when the student’s school day ends and for either one (vaccination up to date) or two (vaccination not up to date) weekend days. The student must mask during that 7-day period. If all test results are negative, the student may stop masking on day 8, but should continue to monitor for symptoms for a full 10 days from last exposure.

Option 1: Student will receive a rapid test when they arrive at school on Tuesday, Thursday, Friday, and then the following Monday. Their last day of rapid testing will be on Monday, assuming all tests are negative, and no other student or staff member tests positive during the testing period.



Option 2: Student will receive a rapid test when they arrive at school on Wednesday, Friday, and the following Monday. Their last day of rapid testing and testing will be on Monday, assuming all tests are negative, and no other student or staff member tests positive during the testing period.



**Example 4: Testing begins on Friday, and student participates in weekend extracurricular with individuals outside the school community**

Scenario: An individual began showing symptoms on Thursday and receives a positive result that same day. Their close contacts are identified and notified, and those who opt in begin participating in the Test to Stay program on Friday.

Below is an example of a student who will receive a rapid test when they arrive at school on Friday, on Saturday before their sports game, and the following Monday and Wednesday. They do not participate in any school extracurricular activities on the Sunday, so they will quarantine at home for that day. Their last day of rapid testing will be on Wednesday, assuming all tests are negative. The student should quarantine when not participating in

school related activities and must mask during that 7-day period. If all test results are negative, the student may stop masking on day 8, but should continue to monitor for symptoms for a full 10 days from last exposure.



**Example 5: Student is identified as a close contact a second time, while still in initial testing period**

*Scenario:* An individual began showing symptoms on Tuesday and receives a positive result on their test that same day. Their close contacts are identified and notified, and those who opt-in begin participating in the Test to Stay program on Wednesday. The student is tested on Wednesday, Friday and the following Monday. They do not participate in any school extracurricular activities on the weekend, so they will quarantine at home when the student’s school day ends and for the two weekend days. Though the student’s last day of testing would have been on Monday, they were identified as a close contact of a second positive case (exposure on Friday). Because they were a close contact a second time and exposed on Friday, they need to participate in testing through the following Friday. The student should quarantine when not participating in school related activities and must mask during that 7-day period. If all test results are negative, the student may stop masking on day 8, but should continue to monitor for symptoms for a full 10 days from last exposure.

