



As the COVID-19 pandemic transitions to an endemic virus in Indiana, we wanted to compile the updated changes to provide some answers to Frequently Asked Questions (FAQS). Most requirements have become recommendations and most COVID-19 guidance has begun to normalize to be handled similarly to other communicable diseases. Much of the guidance is from the Centers for Disease Control and Prevention (CDC), Indiana Department of Health (IDOH) and Family and Social Services Administration (FSSA).

What is a close contact?

A close contact is someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period. People who are exposed to someone with COVID-19 after they completed at least five days of isolation are not considered close contacts.

What is the *recommended* quarantine period for people exposed to COVID-19 in the general public?

<p>If you were exposed to COVID-19 and are NOT up-to-date* on COVID-19 vaccinations</p>	<ul style="list-style-type: none"> ➡ Stay home for at least five full days from your last exposure ➡ After five days of home quarantine, continue to monitor for symptoms through the tenth day from your exposure and wear a well-fitted mask around others ➡ Do not travel during the first five days of home quarantine. You may resume travel after the fifth day, but should wear a well-fitted mask and take extra precautions. ➡ Get tested five days after your exposure OR if symptoms develop at any time, isolate yourself and immediately get tested ➡ Avoid being around people who are high-risk until 10 days have passed from your exposure
<p>If you were exposed to COVID-19 and are up-to-date* on COVID-19 vaccinations</p>	<ul style="list-style-type: none"> ➡ You do not need to stay home and quarantine unless you develop symptoms ➡ Wear a well-fitted mask for 10 days from your exposure when around others ➡ Get tested five days after your exposure OR if symptoms develop, isolate yourself and immediately get tested ➡ Avoid being around people who are high-risk until 10 days have passed from your exposure
<p>If you were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive via a rapid or PCR test)</p>	<ul style="list-style-type: none"> ➡ You do not need to stay home and quarantine unless you develop symptoms ➡ Wear a well-fitted mask for 10 days from your exposure when around others ➡ Get tested five days after your exposure OR if symptoms develop, isolate yourself and immediately get tested ➡ Avoid being around people who are high-risk until 10 days have passed from your exposure

* According to the CDC, up-to-date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Does this general public quarantine guidance apply to everyone?

No. Some settings such as jails, long-term care facilities and congregate living situations have a higher level of risk, so the CDC continues to recommend a 10-day quarantine period for those exposed regardless of vaccination or booster status. During periods of critical staffing shortages this time may be shortened to ensure continuity of operations. This decision should be made in consultation with your state and local health department.

Can I show proof of a positive antibody test to avoid quarantine?

No. At this time, antibody tests are not accepted as proof of immunity. The only way to avoid quarantine is to show proof of being fully vaccinated or proof of a previous positive COVID-19 test from a test site within the past 90 days.

What should I do if I test positive for COVID-19?

If you tested positive for COVID-19, you should stay home and isolate away from others for at least five days from the day your symptoms started OR the day your test was collected if you did not have symptoms.

You may end home isolation after five full days if you are free of fever for 24 hours (without the use of medication) and your symptoms are improving. If you did not have symptoms, you may end home isolation after five full days from the date your positive test was collected. If you are severely ill or immune compromised, you should consult your doctor and isolate for at least 10 days.

After leaving the five-day home isolation, please continue to take precautions through day 10 and wear a well-fitted mask anytime you are around others. Avoid being around people who are at high-risk until 10 full days have passed.

How do I safely isolate at home?

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Don't share personal household items like cups, towels and utensils.
- Wear a well-fitting mask when you need to be around others

What if a person reports a positive test conducted in the home using an "at-home" COVID-19 test kit?

Historically, these tests have not been accepted as they cannot be verified, are not reported to the local health department, and therefore are not counted in overall state and national case counts. However, due to significant test shortages and due to COVID-19 pandemic activities entering an endemic phase at this time, the Indiana Department of Health has changed its guidance to allow home tests **if** the business, school or organization where the person attends work or school is willing to accept them. The Indiana Department of Health recommends that these individuals provide a photo of the positive test result to their school or employer for documentation. It is then the school or employer's responsibility to store and track this information.

It is important to note that because at-home tests are not reported to the local health department or a laboratory, there will be no official documentation of the test and no work/school release or return notes can be provided based on an at-home test. If a person is planning on traveling or participating in ANY event that would require proof of a negative test within 90 days, they should go to an official test

site to be tested as you could continue to test positive for up to 90 days. If there is no documentation that you were positive from the at-home test, the new test taken before travel would be counted as a new infection, and that person would not be allowed to travel. Finally, positive at-home tests do not exempt someone from quarantine recommendations following an exposure within the following 90 days as they are not official results.

Is the quarantine and isolation guidance different for K-12 schools?

Yes. Effective Feb. 23, 2022 IDOH (Indiana Department of Health) made several updates to the K-12 contact tracing and quarantine guidance.

Quarantine – IDOH no longer recommends contact tracing and quarantining in schools. Schools may notify families of potential exposures if they choose, but it is no longer required.

Isolation – Schools should continue to follow the CDC isolation guidance and require positive cases to isolate at home for at least five days.

Are schools still required to report cases?

Schools no longer need to report any COVID-19 case information to the local health department or IDOH. The IDOH school dashboard will be discontinued soon (or replaced with other information deemed relevant by IDOH).

What if a school has a large number of cases?

Schools should continue to assist their local health department with exposure notification when there is a cluster or outbreak of COVID-19 cases. Schools should notify their local health department when absenteeism reaches 10% for COVID-like illness, or when schools are concerned about the level of illness in their building.

What to do if a child tests positive in Early Child Care (Daycare/Preschool) as determined by FSSA:

<p align="center">Children 5 and Older</p>	<p>➡ Isolate at home for five days and may return on day six if fever free for at least 24 hours (without the use of medication) and symptoms are improving</p> <p>➡ Child should continue to mask days six through 10 upon returning</p>
<p align="center">Children 2 (24 months) to 5</p>	<p>➡ Isolate at home for five days and may return on day six if fever free for at least 24 hours (without the use of medication) and symptoms are improving AND if they can consistently and correctly mask through day 10</p> <p>➡ For children who cannot consistently and correctly mask, they should isolate at home for seven days and may return on day eight if free of fever for 24 hours and symptoms are improving</p>
<p align="center">Children ages 6 weeks to 24 months</p>	<p>➡ Isolate at home for 7 days and may return on day 8 if free of fever for 24 hours (without the use of medication) and if showing improvement in symptoms</p> <p>➡ Infants and toddlers cannot wear a mask as it is a hazard for them. Because masking is not an option, children that test positive will need to isolate for the full 7 days.</p>

What happens if there is an exposure in a daycare or pre-school?

According to a recent update from the Indiana Family & Social Services Administration (FSSA), children exposed to COVID-19 are no longer required to quarantine if they are asymptomatic. Childcare programs should still notify families of the exposure so the children can be monitored for symptoms.

Can vaccinated people become infected with COVID-19?

Yes. No vaccine is 100% effective. However, the vaccines for COVID-19 are very effective at preventing severe infection, hospitalizations and death. Breakthrough cases remain a small portion of overall new COVID-19 cases.

As a business or school, what symptoms should we screen for?

Fever (100.4 or higher), chills, sore throat, cough, shortness of breath, diarrhea, nausea, vomiting, abdominal pain, headache and new loss of taste or smell.

Are masks required on school buses and public transportation?

Per the Department of Transportation (DOT) order, individuals are required to wear masks on public transportation, including school buses, even if fully vaccinated.

Can employers require proof of vaccination? Can employers require their employees to be vaccinated? Can employers limit meeting attendance to only those who are currently vaccinated?

Health Departments cannot provide legal guidance on employment matters. We recommend employers discuss and seek advice from a trusted legal professional who knows your business and the applicable laws.

For further information and to stay up-to-date as any guidance changes in the future, please utilize the following link: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>