

COVID-19 UPDATE: JANUARY 26, 2022

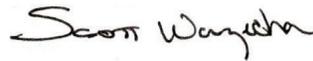
Dear Families,

Catholic Community Schools along with all schools in the St. Cloud diocese, will follow these new changes, effective immediately:

1. 3% rather than 5% is the new tipping point. If the number of positive COVID-19 cases in your school meets or exceeds 3% of your total school population (PreK-12 students and school employees) over a 14-day rolling average, we will mandate temporary universal masking in your school for a minimum period of two weeks, at which time we will reassess the 14-day rolling average of positive cases. This will be determined on a school-by-school basis, not the entire CCS school system as a whole.
2. Students who are not fully vaccinated and are determined to be a close contact to a COVID-19 positive case in an indoor school setting **do not need to quarantine if:** a) universal masking is being enforced or b) *both* the close contact student and the infected person were wearing well-fitting masks properly.
3. Persons who test positive for COVID-19, feel sick, or have COVID-19 symptoms may choose a reduced 5-day isolation period.
4. Close contacts who are not fully vaccinated and are required to quarantine may choose one of the following options:
 - a. 10-day Quarantine Period (does not require testing)
 - b. Test to Stay (TTS) Program (requires testing)
 - c. Reduced 5-day Quarantine Period (requires testing)
 - d. Reduced 7-day Quarantine Period (requires testing)

Definitions to all of the above may be found on the next page. If you have any questions, please feel free to reach out to your principal or me.

By His Grace,



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St. Wendelin Catholic School
Cathedral Middle & High School

Learn more about why CDC updated isolation and quarantine guidance for the general population at [What We Know About Quarantine and Isolation](#).

DEFINITIONS

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Close Contact: Any person who lives in the same household as a person who tested positive for COVID-19, or someone who has been within 3-6 feet of a person who has COVID-19 for a total of 15 minutes or more throughout a 24-hour period.

Quarantine: Staying home and away from others if you have been determined to be a close contact to someone who has COVID-19. Only applicable to those without symptoms. If symptoms arise, follow isolation guidelines.

Isolation: Staying home and away from others when you test positive, feel sick, or have symptoms of COVID-19.

Well-Fitting Mask: A mask that fits snugly over your nose, mouth, and chin, without gaps at the edges. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking droplets. If you cannot get that type of mask, wear a well-fitting mask with at least two layers of tightly woven fabric. You can also layer a disposable mask under a cloth mask to increase effectiveness. Visit [Recommendations for Wearing Masks](#) for more information.

Calculating Isolation: Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or the day you tested.

Calculating Quarantine: Day 0 is the date of your last exposure to a person who has COVID-19. Day 1 is the first full day after your last exposure.

Reduced 5-day Isolation Period: People who have tested positive for COVID-19, feel sick, or have COVID-19 symptoms must isolate for at least 5 days. After 5 days, if symptoms are improving and the person has been fever-free for over 24 hours without fever-reducing medication, the person may return to school, but they must wear a well-fitting mask through day 10.

Reduced 5-day Quarantine Period: Close contacts must stay home for at least 5 days from last contact. If no symptoms arise, they may return on day 6 with proof of a negative lab-confirmed or rapid antigen test taken no sooner than 5 days after exposure, but they must wear a well-fitting mask through day 7.

Reduced 7-day Quarantine Period: Close contacts may choose the shortened 7-day quarantine period from last contact. If no symptoms arise, they may return on day 8 with proof of a negative lab-confirmed or rapid antigen test taken no sooner than 5 days after exposure. Students do not need to mask upon returning to school with this option.

Test to Stay (TTS) Program: Close contacts may choose to stay in school while wearing a well-fitting mask if they take two tests: the first test upon knowledge of close contact and the second test 5-7 days from last contact. Proof of the two negative lab-confirmed or rapid antigen tests must be provided to the school as soon as results are known, and a well-fitting mask must be worn through day 7.

Get 4 free test kits through USPS: <https://special.usps.com/testkits>

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