



Swallow School District

COVID-19 Isolation, Quarantine & Testing Information

Revised January 2022

This handout is meant to provide an overview of considerations if Swallow staff or students test positive for COVID-19 or have COVID-19 symptoms or are identified as a household close contact or having a possible exposure to a COVID-positive individual. Nurse Beth Gatzow is available for consultation and this handout will be updated if there are changes made by any entity with jurisdiction to do so or the Swallow School Board.

Definitions

Isolation is when you are infected with a virus and you separate yourself from the community and household members to prevent others from getting infected. Isolation is part of basic communicable disease protocols to prevent the spread of infection. [Please see the Waukesha County Safe Schools website for more information about isolation.](#)

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to monitor whether they become sick. Quarantine is intended to reduce the risk of an infected person transmitting infection to others unknowingly. Research shows that people who remain asymptomatic ten days after COVID-19 exposure are at a lower risk of transmitting it to others. While these asymptomatic people may be able to safely end quarantine earlier than the previous recommendation, they could still develop symptoms or transmit the virus to others. [Please see the Waukesha County Safe Schools website for more information about quarantine.](#)

Testing is recommended for those who are identified as close contacts or have had a potential exposure to a COVID-positive individual. It is recommended that testing occurs after day five following exposure. Nurse Beth can work with you to establish this date. [Swallow School has a partnership with Summit Clinical Laboratory in Delafield.](#) Please note that at this time, due to a community-based testing grant, PCR testing is free at community-based sites whereas there is a cost for Antigen testing subject to your insurance/personal payment.

Isolation Due to COVID-19 Positive Test Results or Symptoms

If you have tested positive or have symptoms of COVID-19, to protect the health of others isolate yourself from other people until five days after your illness started (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. You should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Please report positive test information and symptoms to Nurse Beth as soon as possible to either nurse@swallowschool.org or 262-367-2000 x120.

Quarantine Information

When is Quarantine recommended?

While the District will not be issuing quarantines, it is still best practice and recommended by the Waukesha Health Department in following CDC and DHS guidelines to quarantine if you are established as a close contact of someone who has tested positive to COVID-19.

Why Quarantine if it's not mandatory?

COVID-19 can spread rapidly, even from individuals who do not have symptoms. It can take up to 10 days for symptoms of COVID-19 to appear. Furthermore, a person is contagious for 48-72 hours *before* symptoms appear. Quarantining is a way to prevent rapid spread of COVID-19.

I have been vaccinated. Do I still need to quarantine?

No. However it is suggested for close contacts who are vaccinated to wear a mask while indoors in public places. It is also recommended for fully vaccinated individuals to be tested after five days following exposure.

After a COVID-19 exposure, monitor for symptoms for 10 days.

Quarantine is still recommended as best practice by the CDC, DHS, and Waukesha County Public Health. When a Swallow student is home due to quarantine, these absences will be excused and not counted toward their total absences.

Please email Nurse Beth Gatzow at nurse@swallowschool.org to notify her of your quarantine decision.

NOTE: This only applies to people who do not AND HAVE NOT HAD any COVID-19 symptoms. Anyone who develops symptoms should immediately isolate and contact their healthcare provider for evaluation and to seek testing.

Per DHS and County requirements, home test results will not be accepted for symptomatic students to rule out COVID-19 infection. If you performed a home test and tested positive for COVID-19, a confirmatory PCR or Antigen test administered by a healthcare practitioner is required for future health determinations relating to COVID-19.

Testing Information

Who needs a test?

Primary symptoms of COVID-19 include shortness of breath, coughing, and fever (greater than 100.3) or chills. Other symptoms can include (but are not limited to) congestion, sore throat, diarrhea, abdominal pain, body aches, and loss of taste or smell.

If you/your child is experiencing one or more of the symptoms listed above, a negative COVID PCR test may be needed to return to Swallow or an alternative diagnosis by a physician. [Public Health Clinical Surveillance Criteria is available here.](#)

If the test is negative, the result needs to be forwarded to Nurse Beth. You/your child needs to be fever/diarrhea/vomiting free for at least 24 hours AND have 24 hours of symptom improvement prior to returning to Swallow.

Why should I get a confirmatory test?

Per the County Health Department, to ensure that if you are exposed in the future there would be no quarantine window, as Public Health will not produce any travel or clearance letters on your behalf in the event of an unplanned medical procedure, which could impact treatment if there isn't a record of a confirmed prior infection.

What if I/my child has symptoms, was referred for testing, and I don't want to get/him/her tested?

Per the Waukesha County Health Department, you/your child will need to complete a 5 day isolation period per above.