

# SAINT BEDE ACADEMY

24 W US HWY 6  
Peru, Illinois 61354  
phone (815) 223-3140

Eve Postula, Superintendent  
Michelle Mershon, Principal  
Nick McLaughlin, Assistant Principal

Dear Saint Bede Families,

Yesterday, January 11, 2022, the Illinois Department of Public Health (IDPH) and Illinois State Board of Education (ISBE) announced that they have adopted CDC guidance for PK-12 schools that halves the isolation and quarantine period. The Centers for Disease Control updated its guidance for P-12 schools on January 6.

As a result, effective immediately, Saint Bede Academy will implement the updated guidance. This means your student's return date may now change though you may have been told something differently earlier this week. If you have a question about your student's return date, please call the school.

Yesterday's announcement does not change the state of Illinois' mask requirement for anyone inside school buildings. The Governor's indoor mask mandate for school is still in effect until further notice. In addition, the CDC and the IDPH continue to state that vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. People who are fully vaccinated against COVID-19 are at low risk of symptomatic or severe infection. A growing body of evidence suggests that people who are fully vaccinated against COVID-19 are less likely to have a symptomatic case that requires hospitalization, or an asymptomatic infection or to transmit COVID-19 to others than people who are not fully vaccinated.

In addition, we want to pass along information from IDPH and CDC related to quarantine and recommended isolation periods. Below is summary information.

## **What is quarantine?**

Quarantine means staying home for at least 5 days after exposure to someone diagnosed with COVID-19. This is because someone can be infected with the virus that causes COVID-19 but may not show symptoms. Even though someone may not show symptoms, they can still spread the virus.

Quarantine is different from isolation. Isolation is used by someone who has symptoms of COVID-19, or tests positive for the virus that causes COVID-19, even if they don't have symptoms. Isolation helps prevent transmission of the virus by separating people infected with the virus from those who are not infected.

## **What is a close contact?**

"Close contact" means an individual who was within 6 feet of a confirmed or probable case for a cumulative total of 15 minutes or more in a 24-hour period. However, a close contact is not:

- A student who was within 3 to 6 feet in a classroom setting for least 15 minutes with a confirmed or probable student case if both case and contact were consistently masked for the entire exposure period.
- Students and staff aged 18 years and older who have received all recommended COVID19 vaccine doses, including boosters.
- A student aged 5-17 years who completed the primary series of a COVID-19 vaccine.
- An individual on school transportation within 3 to 6 feet if both the confirmed case and the exposed individual were consistently and correctly masked during the entire exposure period and windows were opened (front, middle, and back, or overhead) to allow for good ventilation.

- An individual who has tested positive for COVID-19 in the past 90 days.
- An individual who is solely exposed to a confirmed case while outdoors; however, schools may coordinate with their local health department to determine the necessity of exclusion for higher-risk outdoor exposures.

**Athletic Information:**

Our top priority is maintaining an in-person learning environment for our students. Because of this and as an extra precaution to minimize the risk of team quarantines, **anyone who tests positive for COVID-19** may not participate in athletic practices/competitions for 10 days. We understand that the at-home isolation period is 5 days and that they may return to school on day 6 if asymptomatic, but for purposes of team play they must refrain for the full 10 days.

**Asymptomatic close contacts** may participate in extracurricular activities days 6 through 10 post-exposure, if they have a recent negative test.

- The negative test must have been taken on or after day 5, and the child may not participate in extracurricular activities while waiting for the test results.
- A negative test PCR test is required only for participation in extracurricular activities on days 6 through 10. It is not required to return to school.

Students who have not obtained a negative test on or after day 5 of exposure may not participate in athletics or extracurricular activities until after 10 days from the date of exposure.

**Determining Exclusion:**

<p><b>If you test positive for COVID- 19</b></p>	<p>Everyone, regardless of vaccination status must do the following:</p> <ul style="list-style-type: none"> <li>• Stay home for 5 days after the first symptom or the collection date from a positive test.</li> <li>• Continue to wear a mask around others for five more days after returning to school.</li> <li>• <b>You MAY NOT participate in athletics until day 11.</b></li> </ul> <p>Individuals may return to school after 5 days if asymptomatic or if fever-free without fever reducing medication for 24 hours.</p>
<p><b>If you have COVID-19-like symptoms</b></p>	<p>Everyone, regardless of vaccination status, must immediately be excluded from school until:</p> <ul style="list-style-type: none"> <li>• Receiving a negative test result that confirms the symptoms are not attributable to COVID-19; or</li> <li>• For a minimum of five days and a maximum of 10 days until fever free without fever reducing medication for 24 hours, diarrhea/vomiting have ceased for 24 hours, and other symptoms have improved.</li> </ul> <p>Individuals must continue to wear a mask around others for five more days after returning to school.</p> <p>Those testing positive should be excluded from school and follow guidance for persons testing positive.</p>
<p><b>If you were EXPOSED to someone with COVID-19 and have no COVID-19-like symptoms</b></p>	
<p><b>You ARE a close contact and must be</b></p>	<ul style="list-style-type: none"> <li>• Students who are not fully vaccinated with the primary series - two doses.</li> </ul>

<b>excluded from school</b>	<ul style="list-style-type: none"> <li>Individuals 18 and older who have not received the booster dose when eligible.</li> </ul>
<b>You ARE NOT a close contact</b>	<ul style="list-style-type: none"> <li>A student who was within 3 to 6 feet in a <b>classroom</b> setting for at least 15 minutes with a confirmed case when masking was worn consistently for the entire exposure period.</li> <li>Students and staff aged 18 years and older who have received all recommended COVID-19 vaccine doses, including boosters</li> <li>A student aged 5-17 years who completed the primary series of a COVID-19 vaccine.</li> <li>An individual who has tested positive for COVID-19 in the past 90 days from date of exposure.</li> </ul>

Students and staff who are currently impacted by isolation due to a positive COVID-19 test now have a revised return to school date. The day your student tested positive or first had symptoms is considered day zero. Your student can return to school on the sixth day after being notified of the test results or having symptoms. Please see the chart below, as an example, of when to send your student back to school.

<b>If a student or staff member tested positive or first had symptoms on the following date:</b>	<b>The new return to school/work date is the following:</b>
Thursday, 1/6	Wednesday, 1/12
Friday, 1/7	Thursday, 1/13
Saturday, 1/8	Friday, 1/14
Sunday, 1/9	Tuesday, 1/18. School is closed in observance of MLK Day.
Monday, 1/10	Tuesday, 1/18. School is closed in observance of MLK Day.
	**The date above is if a person is fever free for 24 hours, free of vomiting and diarrhea for 24 hours, and symptoms have improved.

Unvaccinated students or staff and not boosted staff members who are close contacts are now required to quarantine for 5 days. The following is a table with the revised return to school dates.

If an unvaccinated student or staff or a not boosted staff member was a close contact on the following:

<b>If an unvaccinated student or not boosted staff member was a close contact on the following:</b>	<b>The new return to school/work date is the following:</b>
Thursday, 1/6	Wednesday, 1/12
Friday, 1/7	Thursday, 1/13
Saturday, 1/8	Friday, 1/14
Sunday, 1/9	Tuesday, 1/18. School is closed in observance of MLK Day.
Monday, 1/10	Tuesday, 1/18. School is closed in observance of MLK Day.
	**Test on day 5 if possible *** Individuals with a COVID positive test within 90 days do not need to be quarantined.

Thank you for your continued support of our students and teachers. It's been an incredibly difficult year, but we will continue to push forward together. We know this changing information can be confusing and overwhelming; however, we know we can work together to support our students and staff.

Sincerely,  
 Saint Bede Administration