

These guidelines align with CDC and ND Dept. of Health requirements.

Quarantine recommendations will be made on a case-by-case basis in consultation with BBPH in an attempt to keep the school open and operational.

Person A

Any person who has tested positive for COVID-19.

With symptoms:

Isolation until the following requirements have been met:

- * 10 days since symptoms first appeared AND
- * 24 hours since last fever (without the use of fever reducing medication) AND
- * Symptoms have improved

The 24 hours without fever may possibly occur within the 10 days of isolation or after the 10 days.

Without symptoms (asymptomatic):

Isolate for 10 days from the date of first positive test:

- * Monitor self for symptoms, take temperature twice daily
- * Released from isolation after 10 days have passed as long as no symptoms

Person B

Any person who lives in the same household with Person A

No symptoms (monitor for 14 days):

- * Quarantine immediately
- * Quarantine while Person A is ill and/or isolated
- * Quarantine an additional 10 days after Person A has recovered and been released from isolation
- * Quarantine may end after 7 days past Person A's isolation if a negative test on or after day 6.

Person C

Any person with close contact to Person A (>15 min and <6 ft)

Quarantine for 10 days following date of last exposure*

- * Monitor self for symptoms, take temperature twice a day for 14 days
- * If symptoms develop, notify Primary Care Provider
- * Quarantine may be shortened to 7 days if testing negative on or after day 6 (returning on day 8)

Person D

Any person who has had exposure to Person B or C before quarantine

NO QUARANTINE OR ACTION REQUIRED unless:

Person B or C develops symptoms OR tests positive and Person D had contact within 14 days, then:

- * Monitor self for symptoms, take temperature twice a day
- * Contact Health Department with any questions and further instructions
- * Contact Primary Care Provider

Recovered and Released

Definitions:

Close contact is defined as anyone who was within 6 feet of an infected person for at least a cumulative 15 minutes starting from 48 hours prior to the person having symptoms. *See [Close Contact and Face Covering Guidelines](#).

Isolation separates infected individuals with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of a person exposed to a contagious disease to monitor if they become ill.

Insignificant exposure is contact with an infected individual for less than 15 minutes at a distance of over or equal to 6 feet.

For more information, contact [Bismarck/Burleigh Public Health](#) or the [ND Dept. of Health](#).