



Date:

Dear

Your child <name> has been identified as having close contact exposure to a person with COVID-19 who was present at <school>, from the dates of <dates>. We are working closely with the Alameda County Public Health Department to identify close contacts, and you may get a call from them regarding this event.

**FULLY VACCINATED PEOPLE do not need to quarantine but should self-monitor for symptoms for 14 days as well as follow all recommended interventions** (e.g., wearing a mask when around others, hand washing, avoiding crowds). CDC has also recommended testing for vaccinated people 5-7 days after exposure.

- Fully vaccinated means a person has had both shots for Pfizer or Moderna or one shot for Johnson & Johnson at least 2 weeks ago.

Symptoms Monitoring for 14 days, until <dates>

- Fever (Alameda County defines a fever as greater than 100°F/37.8°C)
- Cough
- Shortness of breath
- Any other symptoms such as chills, body aches, fatigue, sore throat, headache, runny nose or nasal congestion, loss of taste or smell, nausea, vomiting or diarrhea. More information about symptoms can be [viewed here](#).

**WHAT YOU SHOULD DO IF YOUR STUDENT IS NOT FULLY VACCINATED:**

**Option 1: TEN-DAY QUARANTINE; Information can be found [here](#)**

Your child must stay home for 10 days. If they do not develop symptoms during their quarantine, they can come back to school on Day 11.

Date of last exposure (Day 0)	<date>
<b>Date child can return to school:</b>	<b>&lt;Day 11&gt;</b>

**Option 2: SHORTENED QUARANTINE; Information can be found [here](#)**

In shortened quarantine, your child must stay home for 7 days. If they do not have symptoms AND get a negative test (*not a home test*) on or after Day 5, they can come back to school on Day 8.

Date of last exposure (Day 0)	<date>
<b>Negative test on date:</b>	<b>&lt;Day 5-7&gt;</b>
<b>Date child can return to school:</b>	<b>&lt;Day 8&gt;</b>



### MORE INFORMATION ABOUT QUARANTINE:

- Follow all recommended interventions (e.g., wearing a mask when around others, hand washing, avoiding crowds) through Day 14 from last exposure day.
- Continue self-monitoring for COVID symptoms through Day 14 from last exposure day.
- If any symptoms develop during this 14-day period, your child must immediately isolate, get tested, and contact the healthcare provider with any questions regarding care.
- See more information about what to do if your child is sick with COVID symptoms [here](#).
- Parents or guardians of students are advised to discuss the pros and cons of testing with the child's healthcare provider.
- If your child requires urgent medical attention, please call the healthcare facility BEFORE you leave home and tell them that you may have been exposed to COVID-19.
- If your child has a medical emergency and you need to call 911, notify the dispatcher that your child may have been exposed to COVID-19.
- Older adults and people with serious medical conditions like diabetes, heart disease, lung disease, or a weakened immune system may become seriously ill with COVID-19. If your child or family member are in a high-risk group, please review CDC guidance [here](#).

### TESTING INFORMATION

Students, staff, and family members may access no-cost COVID-19 testing at:

- [<Fill in school-based clinics with hours>](#)
- [<Add link to all testing sites>](#)
- <https://covid-19.acgov.org/testing>

If you have any questions about COVID-19, please call the Alameda County Public Health Department at 510-268-2101.

If you would like resources to support your family during this time, please go to <https://covid-19.acgov.org/community-resources> or scan this QR code with your phone.



If you want to sign up for a vaccine (after quarantine is over), please go to <https://covid-19.acgov.org/vaccines>

We will be happy to welcome your child back to in-person learning on the date specified above. In the meantime, you can always contact us [<Fill in phone/email>](#) with questions and concerns.

Sincerely,

[<NAME, TITLE, and CONTACT INFORMATION>](#)