**Template Letter about CDC Quarantine Changes  
  
Purpose:** The letter can be customized and shared with parents and staff members to explain the new CDC guidelines that reduce some quarantines from 14 days to 7-10 days.

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Dear [Mascot] school family:

As you know, we have focused intensely this semester on providing students and staff members with a safe learning environment. This includes following the guidance of the Centers for Disease Control and Prevention, whose experts establish – among other guidelines – the requirements for COVID-19 quarantines.

Today, the CDC announced a decrease in the length of time a person must quarantine – in some cases – if they come in close contact with someone who tests positive for COVID-19. Based on this new information from medical professionals, our district will now use the following guidelines:

* A student or staff member who is identified as a “close contact” may quarantine for only seven days after their exposure if they have had no symptoms and they test negative within 48 hours of the quarantine ending. **Optional:** Thanks to a partnership with the Oklahoma State Department of Health, [District] offers free rapid testing for students and staff members. To learn more or to schedule a test, please contact [Name] at [phone].
* Without a test, they may quarantine for only 10 days after their exposure, as long as they have had no symptoms and they monitor for symptoms for four additional days.
* With or without a test, they must monitor their daily symptoms for 14 days after exposure and consistently follow mitigation strategies, including masking and social distancing, according to CDC requirements. If symptoms occur, they must immediately isolate and should seek testing.

**We will implement this change immediately and retroactively. If you have a child who is currently quarantining, you will be contacted by a school administrator about his/her new return date.**

The CDC approved this change based on months of research, which revealed that only a small percentage of COVID cases emerge more than five days after exposure. We are pleased their adjustment will allow us to continue to protect students and staff, while also decreasing the amount of instructional time they must miss.

Our commitment to safety is unwavering, and we promise to stay informed about the latest research and recommendations from local, state and national health officials. Please continue to take every precaution to slow the spread of COVID-19. Wash your hands, wear a mask and practice social distancing. It is also important to stay home when you do not feel well.

If you have any questions, please contact your child’s school office at your convenience. Today and every day, we appreciate your support of [District] Public Schools.

Sincerely,  
[Name]  
Superintendent