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December 9, 2020

### New Release: COVID-19 Update

Based on the release of new guidelines by the Center for Disease Control (CDC) and the Department of Public Health (DPH), Fullington Academy is modifying the quarantine option for **ASYMPTOMATIC** students that have been determined to be a close contact and have had direct exposure to a positive case.

### QUARANTINE OPTIONS:

Quarantine is due to the 2-14 day incubation period of COVID-19. Day 1 begins 24 hours after symptoms began. The recommended time period for quarantine is 14 days, however you may be able to leave quarantine prior to that if certain criteria are met. The quarantine options for students that have direct exposure include:

- 14 Day Quarantine – Recommended by CDC/DPH
  - Total of 14 days without becoming symptomatic ~AND~
  - NO TEST REQUIRED
- 10 Day Quarantine
  - Total of 10 days without becoming symptomatic ~AND~
  - NO TEST REQUIRED
- 7 Day Quarantine
  - Total of 7 days without developing symptoms ~AND~
  - PCR/Antigen Test *after* 5 full days of Quarantine ~AND~
  - Negative Result of PCR or Antigen Test – (***Absolutely no rapid tests***) ~AND~
  - Test results provided to school

If your student is quarantined, we request you notify the school which option you choose for your student by emailing [rhonda@fullingtonacademy.com](mailto:rhonda@fullingtonacademy.com) **AND** [preed@fullingtonacademy.com](mailto:preed@fullingtonacademy.com). If you do not correspond, we will assume you are fulfilling the full 14 day quarantine. This information will help our teachers prepare for the students remote learning.

All students that end their quarantine after 7 or 10 days MUST **strongly** adhere to the rules set forth to combat the spread of COVID-19 for the full 14 days. **This includes wearing a mask and social distancing when returning to school.**

### EXTRACURRICULAR SCHOOL ACTIVITIES:

Students ending their quarantine after day 7 or 10 days who participate in extracurricular activities can return to practice if they can adhere to mitigation measures, including appropriate mask usage and staying at least 6 feet from others while at practice. **However, they cannot return to contests/competition until a full 14 days have passed since their exposure.**

If an individual, who is a close contact AND ended quarantine after 7 or 10 days, develops symptoms they will be sent home immediately and must follow the guidelines for symptomatic individuals and seek COVID-19 testing.

**COVID-19 symptoms that determines if you are a symptomatic individual:**

- If the individual experiences ONE of the following COVID-19 symptoms:
  - Fever
  - Chill
  - Shortness of breath or difficulty breathing
  - New cough
  - New loss of taste or smell

**~OR~**

- If the individual experiences TWO of the following COVID-19 symptoms:
  - Sore throat
  - Nausea
  - Vomiting
  - Diarrhea
  - Chills
  - Muscle pain
  - Extreme fatigue/feeling very tired
  - New severe/very bad headache
  - New nasal congestion/stuffy or runny nose

Students that have a positive PCR or Antigen Test for COVID-19 do not need to quarantine or get tested for up to 3 months if they do not develop symptoms again.