

JANUARY 5, 2022

COVID-19 UPDATE

THE SOUTHAMPTON COUNTY PUBLIC SCHOOL DIVISION IS AWARE THAT ON DECEMBER 30, 2021 AND JANUARY 4, 2022, THE CDC AND VDH MADE CHANGES TO THEIR GUIDELINES CONCERNING ISOLATION AND QUARANTINE FOR THOSE FOR POSITIVE CASES AND EXPOSURES TO COVID-19.

Amy Rose, MSN, RN, Health Care Specialist
757-653-2692 extension 3301
amyrose@southampton.k12.va.us
Southampton County Public Schools

We anticipate a shipment of in-home, rapid, COVID-19 tests to arrive by early next week. These tests will be available through the school nurse at your child's school upon request. We will make an announcement when they arrive.



IF YOU ARE SICK---STAY HOME!

Omicron in the United States

The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.

If You Test Positive for COVID-19:

Regardless of vaccination status: 5 days of isolation from onset of symptoms or positive test and asymptomatic.

- You should wear a mask for 5 days, which is required at school, after your isolation time has ended.
- If you have a fever, you must be fever free for 24 hours, without medication, before returning.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you are unvaccinated, partially vaccinated, or you are eligible but have not received your booster:

- Quarantine the required 5 days, as long as no symptoms develop.

If you are fully vaccinated (ages 5-17), to include the booster (ages 18 and above):

- No quarantine required, when experiencing no symptoms.
- Recommended masking, which is required at school, for 10 days after the exposure.

For both groups:

- It is recommended that a COVID-19 test is taken 5 days after exposure.
- If you develop symptoms, you should immediately quarantine until a negative test confirms symptoms are not from COVID-19.

For students that are not able to consistently or properly wear a mask following their isolation or quarantine periods:

- It is recommended that they isolate or quarantine at home for the full 10 days.



Get Vaccinated

Southampton County Public Schools is set to hold vaccination clinics, featuring 1st, 2nd, (ages 5 and above) and Booster shots (ages 16 and above) for anyone interested. At this time, Pfizer and Johnson & Johnson vaccines will be available. Please visit our Facebook page for links to preregistration—even though it is not required.

Southampton Middle School

Thursday, January 6, 2022
3:00pm-7:00pm

Friday, January 7, 2022
3:00pm-6:00pm

CDC Vaccination Finder:
Call **1-800-232-0233**

OR

Text your **zip code** to **438829**

Facial coverings are still required to be worn by everyone in Southampton County Public Schools, while in a school building or riding on a school bus.