

## Extra-curricular COVID-19 Guidance for Testing and Contact Tracing during Winter Break

**Designated Coaches or Athletic Directors who have been trained to use the BinaxNOW rapid antigen tests may:**

1. Do twice-weekly testing of all students and supervising adults participating in school-sponsored extracurricular activities, such as performing arts and sports. Under this approach, schools may limit participation in these activities to those with negative results. Twice-weekly testing would not replace local school health mitigation polices, such as masking, physical distancing, and symptom screening.
2. No one with symptoms consistent with COVID-19 or identified as a close contact can attend extracurricular activities, athletic practice or games during quarantine unless they are fully vaccinated or in their 90-day period following infection.

**Designated Staff Guidelines to conduct Testing during school break**

- **School Nurse or Primary Testing Person responsibility before testing starts**
  1. Controls must be done by the School Nurse or person primarily responsible for testing before test kits are shared with Designated Staff
  2. A signed consent form from the parent must be on file before student is tested and a list of students who have permission to be tested given to the Designated Staff in charge of Holiday Break Testing.
  3. A list of students who meet the vaccination exemption and the 90-day exemption will be given to the Designated Staff in charge of the testing. This does not need to be separated by the exemption they qualify for; it can be one list of students exempt from quarantine due to being either fully vaccinated or in their 90-day post infection period.
- **The designated staff must COMPLETE THE TRAINING PROCESS**
  1. The designated staff doing any testing must complete the BinaxNOW online training modules **BEFORE conducting** testing to ensure the test is used consistent with the manufacturer's instructions. That training is available at: [Abbott BinaxNOW Training](#)
  2. The designated staff needs to follow the procedure below to do Contact Tracing and can call the DOE Hotline 1-207-624-6717 during the following hours during the week of December 27- January 3 if a question arises and help is needed. Monday-Friday 10 AM – 4PM Sat.-Sun. 10 AM – 2PM No hotline hours Dec. 25 or Jan. 1.
  3. The designated staff needs to notify the families of all close contacts with quarantine and isolation information.
  4. **Isolation Handouts** [What is Isolation?](#)
  5. **Quarantine Handouts** [What is Quarantine?](#)
  6. The designated staff needs to be trained to enter **all test** results into REDCap and must report all test results within 48 hours of testing.

- **Isolating the Positive Case Follow the SOP from here on:**

## Important dates to know - CASES

- **Last Date of Isolation** – this is the last day that a case must be separated from everyone
  - If **no** symptoms Last Date of Isolation is 10 days after test collected.
  - If symptoms Last Date of Isolation is 10 days after symptoms started AND no fever for 24 hrs.



- **Isolation and Quarantine Handouts from ME CDC** [Recommendations for People Who Tested Positive for COVID-19](#)

1. The person testing positive **must be sent home immediately** and kept away from other students until they are picked up.
2. Dates of isolation should be given to the student and family before being picked up (see chart above)
3. The testing person must share a list of positive students with the school nurse.
4. The student needs to quarantine for 10 days from that date and monitor for symptoms for 4 more days. The name of the student who tested positive must remain confidential.
5. Complete positive case form [COVID-19 Positive Case Reporting FORM](#)
6. Complete close contact form [DOE Close Contact Tracing Template](#)

- **Contact Tracing**

1. The designated staff must identify and make a list of all close contacts. (A close contact is defined as someone who was within 6 feet of the COVID-positive individual for 15 minutes or longer [cumulatively] within a 24-hour period OR who had **direct contact** with the COVID-positive person.)
2. Identify close contacts- Make a list. Contact tracing starts 2 days before symptom onset of the positive case or the date of the positive test whichever one came first. If there was contact with another team during that time frame, and the positive individual was competing/participating for 15 minutes or more or there was direct physical contact, the other team must be notified that they were exposed to a positive case and the name of the positive student must remain confidential.
  - a. For basketball- The name of the positive person on the other team will be kept confidential so anyone who played on the court for 15 minutes or more or had direct physical contact with a player will be considered a close contact
  - b. Any player on the same team or anyone else identified as a close contact of a COVID-19 positive person by the Coach will be added to the list.
3. Students who are fully vaccinated or have been positive within 90 days do not need to quarantine but must monitor for symptoms for 14 days after exposure and test if they develop any symptoms. They should also test 5-7 days after exposure to the positive case and wear a mask indoors in all settings until they receive a negative test result.
4. Students who are unvaccinated need to quarantine from extracurricular activity and should test as soon as possible after exposure and if that test is negative, the close contact should be re-tested 5-7 days later. There is no quarantine exception (pooled testing) during the winter break as pooled testing is not occurring.

PRINT THIS PAGE TO PUT ON THE CLIPBOARD

### Review of BinaxNOW Testing

#### Collecting the specimen

- a. Remove the swab from the package and have the student insert the swab a little less than 1 inch into one lower nostril. If student has nasal congestion or runny nose, insert swab into the side that is most runny or most congested first.
- b. ROTATE THE SWAB 5 TIMES or more against the nasal wall, then slowly remove it from the nostril.
- c. Using the same swab, REPEAT the sample collection in the other nostril in the same manner. DO NOT RETURN THE SWAB TO THE ORIGINAL PAPER PACKAGING.

#### Doing the Test

The Test kit should be stored between 36 and 86 degrees F and all components must be at room temp before use

- a. Remove test card from pouch while student is doing swabbing, open the card and lay on a flat surface. Make sure blue line is present at the control line position before running the test. DO NOT use the card if blue line is not present (discard this test card).
- b. Put on your gloves.
- c. Hold the bottle upside down and while hovering ½ inch above the top hole, slowly add 6 drops to the top hole of the swab well.
- d. Do not touch the card with the dropper tip while dispensing the drops.
- e. Insert the sample swab into the BOTTOM HOLE
- f. Firmly push upward so that the swab tip is VISIBLE IN THE TOP HOLE
- g. Rotate (twirl) the swab stick 3 TIMES CLOCKWISE (to the right)
- h. DO NOT REMOVE SWAB
- i. PEEL OFF ADHESIVE LINER from the right edge of the test card
- j. CLOSE and securely seal the card
- k. WAIT 15 MINUTES (no sooner)- READ RESULTS IN THE WINDOW PROMPTLY AT 15 MINUTES AFTER CLOSING THE CARD.

#### Reading the Results

- |                                   |   |
|-----------------------------------|---|
| a. Negative- Control line pinkish | Sample line blank   |
| b. Positive- Control line pinkish | Sample line pinkish (Line may appear with faint pinkish/purple line. <u>Any visible pink--to-purple line is positive.</u> ) |
| c. Invalid Result-                | Control line blank      Sample line blank   |
|                                   | Control line blank      Sample line pinkish   |
|                                   | Control line blue      Sample line blank  |
|                                   | Control line blue      Sample line pinkish  |

- d. Invalid Results need to be redone with a new swab and new test card.

#### Reporting the Result

- a. Report the results immediately after doing the testing (WITHIN 48 HOURS).
- b. Log into REDCap (Nurse to give you a link that has the School Information completed for you).
- c. Answer the questions.
  - a. The test is a COVID-19 Antigen Test.
  - b. The Company is BinaxNOW.
  - c. You must have the demographic information from the student or make sure the student is available to answer questions.

**DON'T FORGET TO ANSWER THE LAST QUESTION. CHOOSE POSITIVE, NEGATIVE OR INCONCLUSIVE FOR TEST RESULT.**