

COVID-19 Guidance for Isolation & Quarantine for Students/Staff (Updated 9.7.22)

CDC Current List of COVID-19 Symptoms

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Close Contact with COVID-19 Positive Individual

Scenario A:

Regardless of vaccine status, if you have been in contact with an individual who has tested positive for COVID – 19, then:

- You may continue to attend school and work
- It is recommended to wear a mask around others for 10 days.
- **Test on day 5, if possible.**
- *If you develop symptoms get a test and stay home.*

Scenario B:

If you have tested positive for COVID- 19 in the last 90 days, and have a new exposure to someone who has tested positive to COVID- 19, then:

- You may continue to attend school and work
- It is recommended to wear a mask around others for 10 days.
- *If you develop symptoms get a test and stay home.*

*** The five - day count begins on Day 0 which is date of last exposure to a positive individual.

Test Positive for COVID-19 – Isolate

Student/Staff who tests positive for COVID- 19 will:

- Complete 5 days of isolation from on - set of symptoms or positive test date

Student/Staff Returning to school:

- Student/staff may return on day 6 and continue to wear a mask for an additional five days, **IF** fever free for 24 hours without medication and with resolving symptoms.
- FOR STUDENTS ONLY: If the Parents /Guardian does not want their student to wear the mask for an additional 5 days, the child will need to stay home, continue work through Schoology, and the nurses will provide a return to school date.
- STAFF MEMBERS are required to wear mask for an additional five days.

Student/Staff who exhibits symptoms of COVID- 19 and decline testing:

- Complete 5 days of isolation from on- set of symptoms.

Student/Staff Returning to school:

- Student/staff may return on day 6 and continue to wear a mask for an additional five days, **IF** fever free for 24 hours without medication and with resolving symptoms
- FOR STUDENTS ONLY: If the parent/guardian does not want their student to wear the mask for an additional 5 days, the child will need to stay home, continue work through Schoology, and the nurses will provide a return to school date.

- STAFF MEMBERS are required to mask for an additional five days.
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*** The five - day count begins on Day 0 which is symptom onset or day of test positivity in asymptomatic individuals.