

Now What? Quick Reference

I just found out...

I'm COVID-19 Positive

- Self-Isolate*
- Notify school ASAP
- Write down pertinent dates**
- Begin making a close contact*** list
- Wait on a call from nursing staff/admin for contact tracing

May return to school when:

- 24 hours fever free (no use of fever reducing medication)
- Improvement of symptoms
- 10 days have passed since onset of symptoms or test date (whichever came first)

I am a close contact to someone who is COVID-19 positive

- Begin quarantine
- If asymptomatic, monitor health and continue to quarantine for 10/14 days
- If symptoms develop inform nursing staff and testing is strongly recommended

If a positive test is received see steps for "I'm COVID-19 positive"

May return to school when:

- Complete 10 or 14 day quarantine
 - 10 day quarantine acceptable ONLY if no symptoms develop and close contact is not in the same household
- Results of pending tests must be received before quarantine ends

I have COVID-19 symptoms

- Stay home with household contacts
- Notify school, be prepared to share symptoms and date of onset
- Seek testing or an alternate diagnosis from a healthcare provider

If a positive test is received see steps for "I'm COVID-19 positive"

- Provide documentation of negative COVID-19 test result and/or doctor's note stating diagnosis **in writing** to nursing staff
- Household contacts may return at this time

May return to school when:

- 24 hours fever free (no use of fever reducing meds)
- 24 hours free of vomiting
- Documentation of negative test result or alternate diagnosis provided

I am a close contact to someone who was exposed to COVID-19

Ask the exposed individual to keep you informed of symptoms and testing

If that person becomes symptomatic or receives a positive test result see "I am a close contact to someone who is COVID-19 positive" steps

May return to school when:

- Immediately, as long as contact is asymptomatic/negative
- If COVID-19 testing is performed it is not necessary to quarantine while waiting results

*Close contact: being within 6ft of a positive case for 15 or more cumulative minutes beginning 48 hours before symptom onset, or 48 hours before test date for asymptomatic individuals

**Pertinent Dates include: date of symptom onset, date of test and test results, and exposure dates for close contacts

***Self-Isolate: Stay at home and separate from household members (i.e., separate bedrooms, bathrooms, eating spaces)

COVID-19

Like Symptoms:

- Fever (100.4 or higher)
- New onset of moderate to severe headache
- Shortness of breath
- New Cough
- Sore Throat
- Nausea, vomiting, diarrhea, or abdominal pain
- New congestion/ runny nose
- New loss of sense of taste and/or smell
- Fatigue from unknown cause
- Muscle or body aches