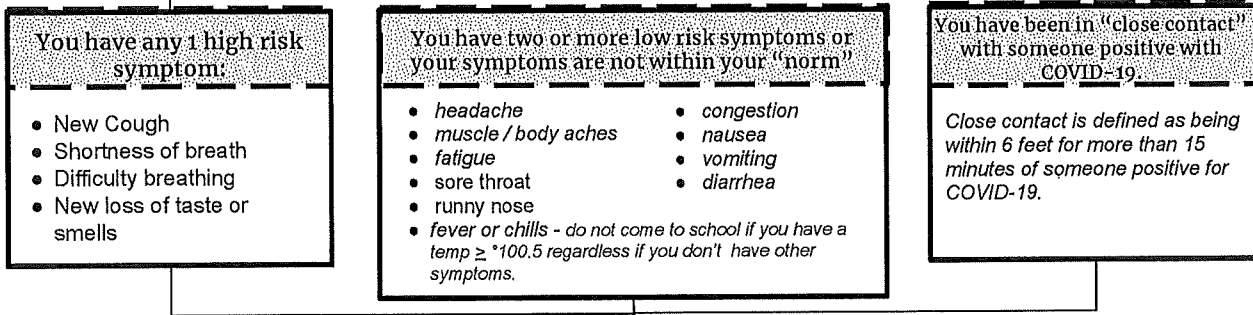


When Students Should Stay Home or Return - Covid 19

In general, staff & students should stay home from school or school activities when they are sick. Below summarizes guidance specifically related to COVID-19. Parents should monitor their children's symptoms daily before coming to school or attending school activities to determine if they are well enough to attend school.

Stay home when:



You have any 1 high risk symptom:

- New Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smells

You have two or more low risk symptoms or your symptoms are not within your "norm"

- headache
- muscle / body aches
- fatigue
- sore throat
- runny nose
- fever or chills - do not come to school if you have a temp ≥ 100.5 regardless if you don't have other symptoms.
- congestion
- nausea
- vomiting
- diarrhea

You have been in "close contact" with someone positive with COVID-19.

Close contact is defined as being within 6 feet for more than 15 minutes of someone positive for COVID-19.

Next Steps

- 1 Call the school secretary and report your symptoms and/ or exposure to COVID-19. Staff should contact their supervisor as well as the secretary to arrange for a sub.
- 2 Call your healthcare provider or Public Health for guidance if you should be tested for COVID-19, and follow their guidance.
- 3 Use the Self-Symptom Check to track your symptoms. Take your temperature twice a day if you have been exposed.

Return to School:

A school nurse or other designated school staff will contact you to discuss & determine appropriate return to school date.

Maintain physical distance from others

QUARANTINE

A person who has had "close contact" with a person with COVID-19 must not return to school buildings or activities until the following criteria have been met.

- Stay home until 14 days after last exposure
- Check temperature twice a day, monitor for symptoms of COVID every day, use the Self-Symptom Check to track symptoms
- If you become ill, contact your provider and/public health for guidance
- If tested, regardless of your test result, you have been exposed and still need to remain quarantined for 14 days. A negative result does not negate the need to quarantine.
- Wearing a face covering does not negate the need to quarantine.

ISOLATION

A person who has tested positive, waiting for test results or is symptomatic of COVID-19, must not return to school buildings or activities until the following criteria have been met.

- No fever for at least 24* hours without the use of medicine that reduces fevers
- Other symptoms have improved (i.e. when your cough or shortness of breath has improved)
- At least 10 days have passed since your symptoms first appeared.

Note: if you have symptoms of COVID-19, without known exposure, and your test is NEGATIVE, you may go back to daily activities 24 hours after your fever and other symptoms **RESOLVE**.

Individuals previously diagnosed positive for COVID-19 within the past 12 weeks, and were exposed to a COVID-19 case, do not need to quarantine