As the District takes steps to unwind current mitigation strategies, we continue to have students and staff who walk our hallways and family members of our students and staff who continue to be at higher risk for complications that come with COVID-19 and other respiratory infections. We encourage students, families, and staff to follow best practice when it comes to mitigating the spread of these illnesses, whether that be continuing with handwashing and cough/sneeze etiquette or wearing a mask when ill to help prevent the spread of an illness.

I HAVE COVID – LIKE SYMPTOMS. Now What?

STAY HOME IF YOU HAVE SYMPTOMS

A negative COVID test is highly encouraged and recommended to return to school if you are considered symptomatic for COVID based on the symptoms listed to the right. If you are keeping your student home please report your child's illness and specific symptoms to your child's school. Feel free to request follow up of you need assistance with the recommendations.

When should my student stay home?

Your student should stay home if they are symptomatic or have been tested for COVID-19 while waiting for results. Your student is considered symptomatic if they have one of the symptoms marked with (*) or two of the other symptoms above baseline for them:

- -cough*
- -Shortness of breath or difficulty breathing*
- -New loss of taste or smell*
- -Congestion or runny nose

-Fever or Chills

- -Fatigue
- -Headache
- -Muscle or Body Aches
- -Sore throat
- -Nausea or Vomiting
- -Diarrhea

GET TESTED: Home test, Antigen test, PCR- based, or NAAT test. Please to let the school know about any positive tests

NEGATIVE TEST RESULT

Return to school when symptoms have improved and 24 hours fever-free without the use of fever reducing medications. Masking recommended until symptoms have fully resolved. If symptoms continuing best practice is to use the home antigen tests to take multiple test over 2-3 days.

POSITIVE TEST RESULT

See the RED FLOWCHART below



I HAVE COVID-19. Now What?

Stay home at the onset of COVID like symptoms. When someone tests positive for COVID-19, the CDC and DHS continue to recommend that an individual isolate for the first 5 days, with the day of symptom onset being day 0.

Students/staff can return to school once they are fever free for a 24-hour period, their symptoms are improving, and they can participate effectively in school. Wearing a mask is https://doi.org/10.1001/j.nc/html/ for all individuals who test positive for COVID-19 through day 10 until or they produce a negative antigen test.

Have your symptoms improved and no fever for at least 24 hours without using fever-reducing medication?

No, my symptoms are not improved.

Monitor symptoms until they are mostly gone, and you are fever free for 24 hours without fever reducing medication.

STAY HOME.



Yes- I am fever free and symptoms improved.

Return to school, wearing a mask is Highly encouraged and recommended through day 10, unless you have a negative antigen test sooner.

I HAVE BEEN EXPOSED TO COVID-19. Now What? Diligent symptom

monitoring is important for all individuals exposed to the COVID-19 virus.

Anyone exposed to the COVID-19 virus regardless of vaccination status.

(If you are within the 90-day window of having COVID-19 a PCR based COVID test is **not** recommended since you will most likely test positive for several weeks to months after your recovery.)

It is recommended to wear a mask and monitor for COVID like symptoms for 10 days after the COVID exposure.

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure.
- Getting a COVID test on day 5 is recommended.

If you develop symptoms, see the Blue Section above and stay home and consider testing.

If your test on day 5 is positive, see the red section above.

Recommendations for if you have been exposed to the COVID-19 virus.

C-11-4	C										
Calculate your Symptom monitoring period and recommended masking dates:											
	Symptom monitoring and masking recommended										
	First day of										
	separation										
	from										Return to
Last day of	positive				Recommeded						normal
exposure	case				testing date					Last day	activities
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11