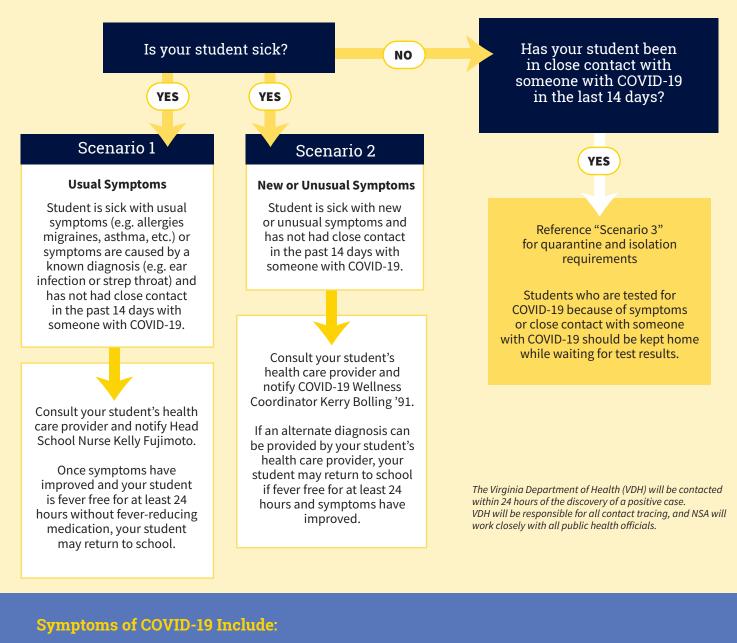
# Deciding When to Stay Home

When Your Student Feels Sick



- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue

A person with COVID-19 is considered to be contagious starting from two days before becoming sick (or two days before testing positive if asymptomatic) until the criteria has been met to discontinue isolation.

## Deciding When to Stay Home

What to Do if a Student Has Contact with a Confirmed COVID-19 Case

### Scenario 3

Your student has been in close contact with someone with COVID-19 in the last 14 days, and your student is not fully vaccinated.\*

Close Contact: Being within six feet of a person who has COVID-19 for at least 15 minutes, or having direct contact with respiratory secretions.

\*Students who are fully vaccinated are not required to quarantine if they are not showing symptoms.

#### **Student must stay home**

Parent or guardian should contact COVID-19 Wellness Coordinator Kerry Bolling '91.

#### Student has symptoms consistent with COVID-19

Consult your student's health care provider. Student cannot return to school for 10 days after the day symptoms start.

After 10-day isolation, student may return to school if fever free for at least 24 hours without fever-reducing medication and symptoms have improved. A parent or guardian must call the COVID-19 Wellness Coordinator, Kerry Bolling '91, the day before returning to school.

#### Student is asymptomatic, then develops symptoms

When symptoms start, consult with your student's health care provider and begin 10-day isolation for your student and 14-day guarantine for close contacts.

After 10-day isolation, student may return to school if fever free for at least 24 hours without fever-reducing medication and symptoms have improved. A parent or guardian must call the COVID-19 Wellness Coordinator, Kerry Bolling '91, the day before returning to school.

#### Student is asymptomatic

If students do not develop symptoms, they still must remain out of school for the entire 14-day quarantine. On day 15, the student may return to school.\*

\*Students who are fully vaccinated are not required to quarantine if they are not showing symptoms.

#### Note: A negative test for COVID-19 does not change the recommendations for quarantine/isolation. A note from your student's health care provider may be required to return to school.

Recommendations for discontinuation of isolation or quarantine in persons known to be infected with COVID-19 may differ from quarantine requirements for persons who have had close contact/exposure based on the time that it takes for symptoms to present.

The above guidance may be adapted by the CDC, state or local health departments to respond to rapidly changing local circumstances.