



COVID-19 Guidelines for Students and Staff

If a student or staff member tests positive for COVID-19:

BEST PROTECTION

 **10 DAYS**

Isolate at home for 10 days*, and until symptoms are improving and you've been fever-free for 24 hours.

SHORTENED OPTION

 **5 DAYS**

OR

Isolate at home for 5 days*, may return on days 6-10 when symptoms are resolved, you've been fever-free for 24 hours, AND THEN wear a well-fitting mask for five more days when around other people, including during extracurricular activity.

*since onset of symptoms or your positive test if asymptomatic

If a student or staff member has symptoms of COVID-19:



GET TESTED

You should stay home from school and other activities and get tested as soon as possible. Testing is available at school or coronavirus.utah.gov. Unvaccinated siblings or students should stay home until the test results for the symptomatic family member are returned.

If you choose not to be tested, you should

stay home for five days and you no longer have symptoms, just like with any illness. As with any illness, a school may exclude a student or staff member who is exhibiting symptoms of an infectious disease.

If a student or staff member is exposed to COVID-19*:

WEAR A MASK



Wear a well-fitting mask whenever around other people—including at home, during extracurricular activities—until 10 days after your last exposure. Testing after five days from an exposure is recommended.

WATCH FOR SYMPTOMS

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

*Regardless of where the exposure occurred (home, school, or community)