



A very important part of keeping our school community healthy is knowing when it's best for a student, faculty or staff member to stay home from school. To help, we have outlined key scenarios to help families and Harpeth Hall employees determine the safest action.

## OUR GLOSSARY

**While on campus**, a person is considered **exposed** if **she or he has been within 6 feet of a symptomatic or COVID-positive individual for 15 cumulative minutes over a 24-hour period**. In a person's household, all interactions are considered exposure, regardless of how long they last or how close they are.

**Quarantine** is used to keep someone who has been exposed to COVID-19 away from others. It helps prevent spread of disease that can occur before a person knows she is sick, especially because she may have the virus without yet feeling symptoms. **People in quarantine should stay home, separate themselves from others, wear a mask, and monitor their health.**

**COVID-19 symptoms** may include cough, shortness of breath or difficulty breathing, chills or fever higher than 100.4°, muscle or body aches, vomiting or diarrhea, and a new loss of taste or smell. Symptoms can range from mild to severe and generally appear 2-14 days after you are exposed to the virus that causes COVID-19.

**Social distancing** means keeping a safe space between yourself and other people who are not from your household. To practice social distancing, stay at least 6 feet (about two arms' length) from other people who are not from your household in both indoor and outdoor spaces.

*Guidance given here comes in consultation with the Centers for Disease Control and Prevention, the State of Tennessee's recommendations for reopening schools, and local health experts. Special thanks to: Dr. Nancy Beveridge, Dr. Christopher Keefer, Dr. John Morris, and Dr. Dana Verner.*

# Health and Wellness

## DECIDING WHEN TO STAY HOME AND WHEN TO COME TO SCHOOL

### IF A HARPETH HALL STUDENT, FACULTY OR STAFF MEMBER:

#### ❖ Tests positive for COVID-19



- Stay at home
- Immediately alert the school nurse, who will report the case to local health officials as required by the Centers for Disease Control and Prevention
  - ▶ **If symptomatic:** Wait to return to campus until 10 days have passed from symptom onset **and** you have gone at least 24 hours without a fever **and** symptoms are improving
  - ▶ **If asymptomatic:** Wait to return to campus until 10 days after positive test was taken
- Parents will be notified if their daughter was in close contact to the COVID-positive individual and may have been exposed to the illness while she was on campus or participating in school-sponsored activity
  - ▶ All students and faculty members who were exposed to the COVID-positive individual must stay home and quarantine for 14 days. The Tennessee Department of Health highly encourages getting a COVID-19 test four to seven days after last date of exposure.



#### ❖ Exhibits symptoms of COVID-19

- Stay at home, or, if already on campus, go immediately to the Health Clinic for evaluation and isolation
  - Get tested and remain home until results are known
    - ▶ **If you test positive:** Isolate. Alert school nurse. Wait to return to campus until 10 days have passed from symptom onset **and** you have gone at least 24 hours without a fever **and** symptoms are improving
    - ▶ **If you test negative:** You may return to campus after you have gone at least 24 hours without a fever **and** symptoms are improving
    - ▶ **If you choose not to get tested:** You may return to campus after you have gone at least 24 hours without a fever **and** symptoms are improving **and** you have an alternative diagnosis with a note sent to school from your doctor approving a return to school.
- \* Most COVID-like symptoms are caused by an illness other than COVID-19*

#### ❖ Is exposed to COVID-19 in their household

- Stay home
  - ▶ **If you cannot isolate from the COVID-positive individual:** Quarantine for 24 days. That means
    - 10 days quarantine while COVID-positive individual isolates, **plus**
    - 14 days of additional quarantine after COVID-positive individual meets criteria to end isolation
  - ▶ **If you can isolate from the COVID-positive individual:** You may be able to quarantine for fewer than 24 days, please call the Harpeth Hall nurses for details
    - \* The Tennessee Department of Health encourages all individuals to get tested before they leave quarantine.*
- If someone in your household has been exposed to another individual with COVID-19
  - ▶ Student or employee should isolate from household member
  - ▶ You can still come to school unless you or the person exposed develops symptoms



#### ❖ Has been exposed to someone who tests positive for COVID-19 outside their home

- Stay home
- Quarantine for 14 days after exposure. The Tennessee Department of Health highly encourages getting a COVID-19 test four to seven days after last date of exposure.
  - \* PLEASE NOTE:** A person with COVID-19 may be contagious 48 hours prior to symptom onset and most remain contagious for up to 10 days after symptoms appear. If exposure occurs during that time, please stay home and quarantine for 14 days.



*\* Subject to change based on current COVID-19 conditions and medical guidance in our community*

**How to contact your Harpeth Hall nurses: [nurse@harpethhall.org](mailto:nurse@harpethhall.org) and 615-301-9284**

*Published 8/7/2020  
Updated 10/26/2020*