

COVID-19 ILLNESS & QUARANTINE GUIDELINES

In all cases, please inform the Nurses' office at nurse@lincoln.edu.ar. Quarantine recommendations will be made on a case-by-case basis in an attempt to keep the school open and operational. For confirmed cases, the return to school is only allowed after being symptom-free for 48hrs AND with a doctor's certificate.

SYMPTOMS

Students, faculty, and staff will be required to remain home, or will be sent home, if they exhibit **ONE** of the following symptoms:

- Fever of 37.5°C (99.5°F) or higher
- Shortness of breath or difficulty breathing
- Sudden loss of taste or smell

TWO or **MORE** of the following symptoms:

- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Loss of appetite
- Cough

PERSON A

Any person who has tested positive for COVID-19.

With Symptoms

Isolation until the following requirements are met:

- 10 days since symptoms first appeared
- 48 hours since last fever without the use of fever-reducing medication (the 48 hours without fever may possibly occur within the 10 days of isolation or after the 10 days)

Without Symptoms (asymptomatic)

Isolate for 10 days from date of first positive test:

- Self-monitor symptoms, take temperature twice a day
- Released from quarantine until 10 days have passed as long as no symptoms have been present

PERSON B

Any person who lives in the same household as Person A.

- Quarantine immediately
- Quarantine for 10 days since the last contact with Person A

PERSON C

Any person with close contact with Person A (>15 min and <2 mt)

- Quarantine for 10 days following the date of last exposure
- Self-monitor symptoms, take temperature twice a day. If symptoms develop, notify the doctor

PERSON D

Any person who had exposure to Person B or Person C before quarantine or insignificant exposure with Person A

NO QUARANTINE or **ACTION** required unless Person B or Person C develop symptoms OR tests positive and Person D had contact with any of them within 10 days. Then:

- Self-monitor symptoms take temperature twice a day
- Notify the doctor

DEFINITIONS

Isolation separates infected people with a contagious disease from people who are not sick. • **Quarantine** separates and restricts the movement of a person exposed to a contagious disease to monitor if they become ill. • **Close contact** is defined as anyone who was less than 2 mt of an infected person for at least 15 min starting from 48 hours before the person began feeling sick until the time the person was isolated. • **Insignificant exposure** is defined as contact with an infected individual for less than 15 min at a distance of more than 2 mt.