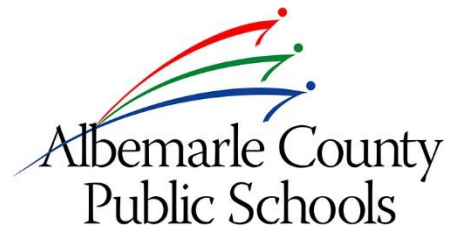


Quarantine Instructions for Staff



You are hereby being asked to quarantine for 14 days from your last contact with a person who tested positive for COVID-19. During your quarantine, please minimize your contact with others and treat yourself as being contagious, though you may not contract the virus or show any symptoms if you do. **If you develop any symptoms during the**

quarantine period, please notify your supervisor or school nurse. Please continue to be careful and take extra precautions to ensure your safety and to protect the health of those around you. We will contact the local health department and inform them of your exposure. They may reach out to you with additional questions and/or recommendations.

Listed below are recommendations from the Virginia Department of Health on how to adequately quarantine:

- **Answer the call.** Your [local health department](#) may reach out to you with more recommendations if you are identified as a close contact during [contact tracing](#).
- **Get tested.** Contact your healthcare provider to ask about getting tested due to your exposure. Some providers do not recommend testing until 5 to 7 days after exposure. There are many testing sites in our area that are searchable by zip code: <https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>. Please use this link for [free testing sites](#) in our area. Call ahead to your healthcare provider and wear a mask when you leave home. If you test negative during your quarantine period, you will still need to complete your full 14-day quarantine before returning to work or school or being in public spaces.
- **Stay home and away from others.** Avoid contact with others to avoid spreading COVID-19 to other people. Do not go to work, school, stores, or any public spaces. Do not use public transportation, taxis, or ride-shares. Your [local health department](#) can provide you with resources for meeting basic needs, such as food and medication. More information, including scenarios on when to end quarantine, is available [here](#). If at any time during your quarantine period you begin feeling any of the following symptoms—constant trouble breathing, persistent chest pain or pressure, confusion, trouble staying awake, blue lips or face—please call 911 and let them know that you may have COVID-19.
- **Monitor your health.** Use a thermometer to take your temperature twice daily (once in the morning, once at night) and watch for fever (temperature > 100°F). Monitor for other symptoms of COVID-19, such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell. You can download the [VDH's Daily Symptom Monitoring Log](#) to help keep track of your symptoms.

How long do I need to stay home? It may take up to 14 days after an exposure for you to develop COVID-19. Quarantine and monitor your health for 14 days from when you last had contact with the infected person. View the [VDH's When to End Home Isolation and Quarantine Infographic](#) for more information. If you are unable to completely isolate from a household member who is positive with COVID-19, your quarantine period will begin **after their 10-day isolation period is complete** (10-days from their initial onset of COVID-19 symptoms), which means your quarantine period may last up to 24 days in total. If you end up contracting the virus, your isolation period will then be 10 days from the onset of your symptoms **AND** you have been fever-free for 24 hours **AND** your symptoms have improved/resolved. Please follow up with your school nurse regarding your specific isolation or quarantine timeline.

As long as you remain symptom-free, your family members do not need to quarantine while you are in quarantine. If you develop symptoms or test positive, your household contacts will then need to quarantine.

If you test negative during your quarantine period, you will still need to complete your full 14-day quarantine before it is safe to go back to work or be around others. Even if you don't have symptoms, it is important to stay at home for 14 days since your last exposure. It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. Getting tested for COVID-19 can help to identify infections quickly, but a negative test result before the end of the 14-day quarantine period does not rule out possible infection. By quarantining for 14 days, you lower the chance of possibly exposing others to COVID-19.

If you begin to experience COVID-like symptoms or test positive, please contact your school nurse and isolate yourself at home. The most common symptoms are fever, chills, cough, shortness of breath, muscle pain, sore throat, or new loss of taste or smell. Not everyone with COVID-19 will have all symptoms and you may never have a fever. Learn more about [what to do if you feel sick](#). See above for where to get tested for COVID-19.

If you have questions about leave time and pay, here are links to the [Temporary Emergency Leave Provisions](#) and the [Emergency Sick Leave Request Form](#).

For more information, see:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- VDH: <https://www.vdh.virginia.gov/coronavirus/local-exposure/>