

FSSD Illness Guidelines 2020-2021 (Revised 2/22/2021)

Symptom/ Illness	Should NOT attend school/work/activity if:	May attend school/work/activity or when:
Positive COVID-19 Test	Positive COVID-19 test with or without symptoms	<ul style="list-style-type: none"> • After 10 days minimum have passed since symptoms first appeared or positive test result if no symptoms and fever-free <u>without the use of a fever-reducing medication</u>, and symptoms improving for at least 24 hours
Symptoms of COVID-19	<p>One (1) High-Risk Symptom:</p> <ul style="list-style-type: none"> • Fever of 100 or greater • New cough and/or difficulty breathing • New loss of sense of taste or smell <p>Two (2) or more Low-Risk Symptoms:</p> <ul style="list-style-type: none"> • Muscle/body aches or fatigue • Congestion, runny nose • Sore Throat • Headache • Nausea, vomiting and/or diarrhea • Chills 	<ul style="list-style-type: none"> • After 10 days minimum have passed since symptoms first appeared or positive test result if no symptoms and fever-free <u>without the use of a fever-reducing medication</u>, and symptoms improving for at least 24 hours <p>OR</p> <ul style="list-style-type: none"> • With written documentation from licensed medical healthcare provider with return to school information and fever-free <u>without the use of a fever-reducing medication</u>, and symptoms improving for at least 24 hours <p>OR</p> <ul style="list-style-type: none"> • Proof of Negative COVID-19 Test after symptom onset and no previous positive COVID-19 test, and fever-free <u>without the use of a fever-reducing medication</u>, and symptoms improving for at least 24 hours
<p>Exposure to Person with Confirmed COVID-19 Positive Test</p> <p>Exposure-Close contact in the 48 hours before the COVID-19 positive person's symptom onset or their positive test if no symptoms</p> <p>Close Contact- Within 6 feet or less of positive case for 15 or more minutes in a 24 hour period</p>	<ul style="list-style-type: none"> • Had close contact to person with a confirmed positive COVID-19 test result <p>EXCLUSION TO QUARANTINE FOR EXPOSURE:</p> <p>Anyone who has had COVID-19 illness within the previous 3 months and has recovered and remains without COVID-19 symptoms (such as cough, shortness of breath) does not need to quarantine after exposure. Written documentation of previous COVID-19 positive result OR verification from the health department must be submitted to the school to verify previous diagnosis.</p> <p>Anyone who has been fully vaccinated (i.e., 2 weeks or greater since receiving second dose of a 2-dose series, or one dose of a single-dose vaccine, and are within 3 months following the receipt of the last dose in a series, and have remained without symptoms since the current COVID-19 exposure. Proof of vaccination is required.</p>	<ul style="list-style-type: none"> • 10 days have passed since last contact with the person who tested positive for COVID-19, and no symptoms of COVID-19 have developed during the quarantine period *See note bottom of page <p>OR</p> <ul style="list-style-type: none"> • 7 days have passed since last contact with the person who tested positive for COVID-19, and no symptoms of COVID-19 have developed during the quarantine period, and written proof of negative test (by PCR or antigen test) collected after day 5 & provided to school before returning *See note bottom of page <p>OR</p> <ul style="list-style-type: none"> • 14 days have passed since last contact with the person who tested positive for COVID-19 and no symptoms of COVID-19 have developed during the quarantine period <ul style="list-style-type: none"> • Household Contacts with ongoing exposure must quarantine longer. Quarantine extends per guidelines above AFTER the positive household member completes their minimum 10 day isolation period
Diarrhea and/or Vomiting	<ul style="list-style-type: none"> • Two or more episodes of diarrhea and/or vomiting occur within 24 hours of school 	<ul style="list-style-type: none"> • Free from diarrhea/vomiting for 24 hours, AND • No fever or additional symptoms have developed
Rash/Skin Infection	<ul style="list-style-type: none"> • Rash or signs of skin infection not previously diagnosed or seen by a healthcare provider 	<ul style="list-style-type: none"> • Rash-free & no other symptoms, OR • Doctor release to return to school
Conjunctivitis "Pink Eye"	<ul style="list-style-type: none"> • Redness, itching, swelling, discomfort, and/or purulent discharge of eye(s) • Physician confirmed bacterial conjunctivitis 	<ul style="list-style-type: none"> • Free of eye symptoms and no additional symptoms have developed, OR • Doctor release to return to school • 24 hours on antibiotic drops if bacterial

***The CDC has approved the shortened 10 day or 7 day period to return to school/work if the exposed person has not developed symptoms **AND** they continue to wear a mask at school, home and in public & monitor for symptoms for the remainder of the 14 day period.**