






URSULINE ACADEMY OF DALLAS COVID-19 ILLNESS AND QUARANTINE GUIDELINES

In all cases call Suzanne Murray, RN at 469-232-1832

<p>SYMPTOMS</p> <p>Symptoms are ANY of the following, unless they have been diagnosed by a physician as symptoms of a non-COVID-19 related illness:</p> <ul style="list-style-type: none"> ✓ Fever (100°F or higher) or chills ✓ New cough (for anyone with chronic allergies/asthma, a change from baseline) ✓ Shortness of breath or difficulty breathing ✓ Fatigue and body aches ✓ New onset of headache (for those with migraines, or other chronic headache syndrome, a change from baseline) ✓ New loss of taste or smell ✓ Sore throat (for anyone with chronic allergies, a change from baseline) ✓ Congestion or runny nose (for anyone with chronic allergies, a change from baseline) ✓ Diarrhea (3 or more loose stools), vomiting, or abdominal pain <p><i>This list may not include all possible symptoms. Visit the CDC website for updates as more is learned about COVID-19.</i></p> <p>An individual is deemed CONTAGIOUS starting 2 days before their symptom onset through at least 10 days after onset of symptoms. If a case is asymptomatic, the timeframe of contagiousness starts from 2 days prior to date of test, through at least 10 days.</p>	 <p>PERSON A</p> <p>Any UNVACCINATED OR VACCINATED PERSON who tests positive for COVID-19 OR has ANY symptoms</p>	 <p>PERSON B</p> <p>Any UNVACCINATED PERSON who lives in the same household with Person A</p>	 <p>PERSON C</p> <p>Any UNVACCINATED PERSON with close contact* to Person A (>15 min, < 6 feet)</p>	 <p>PERSON D</p> <p>Any UNVACCINATED PERSON exposed to Person B or C (contact of a contact)</p>	 <p>PERSON E</p> <p>Any PERSON who is FULLY VACCINATED</p>
	<p>WITH SYMPTOMS</p> <ul style="list-style-type: none"> ✓ Follow the isolation guidance issued by the CDC. <p>RETURN TO SCHOOL when:</p> <ul style="list-style-type: none"> ✓ At least 10 days have passed since symptoms first appeared <p>AND</p> <ul style="list-style-type: none"> ✓ At least 72 hours have passed fever-free without the use of fever-reducing medication and other symptoms have improved <p>OR</p> <ul style="list-style-type: none"> ✓ Documentation of a negative PCR test for COVID-19 has been provided or a medical professional's note with an alternative diagnosis <p>AND</p> <ul style="list-style-type: none"> ✓ At least 24 hours have passed fever-free without the use of fever-reducing medication <p>WITHOUT SYMPTOMS</p> <p>Quarantine for 10 day from test date</p> <ul style="list-style-type: none"> ✓ Monitor for symptoms, taking temperature twice a day <p>RETURN TO SCHOOL when:</p> <ul style="list-style-type: none"> ✓ At least 10 days have passed and no symptoms have developed 	<p>QUARANTINE while Person A is sick AND for an ADDITIONAL 10 DAYS after last contact with Person A. Any time a new household member gets sick with COVID-19 and you have had close contact, you will need to restart your 10 day quarantine.</p> <ul style="list-style-type: none"> ✓ Monitor for symptoms, taking temperature twice a day ✓ Notify School Nurse if any symptoms develop <p>RETURN TO SCHOOL 10 days after last contact with Person A if no symptoms have developed.</p> <p><i>If symptoms develop, follow guidance for Person A.</i></p> <p>OR</p> <ul style="list-style-type: none"> ✓ Negative COVID-19 test for person A has been provided 	<p>QUARANTINE FOR 10 DAYS following date of last close contact.</p> <ul style="list-style-type: none"> ✓ Contact School Nurse with any questions ✓ Monitor for symptoms, taking temperature twice a day ✓ Notify Primary Care Provider if symptoms develop <p>RETURN TO SCHOOL 10 days after last contact with Person A if no symptoms have developed.</p> <p>If symptoms develop, follow the guidance for Person A</p>	<p>NO QUARANTINE OR ACTION REQUIRED unless:</p> <p>Person B or Person C develops symptoms OR tests positive and Person D had close contact* with them within 48 hours prior to symptom onset, then:</p> <ul style="list-style-type: none"> ✓ Contact School Nurse with questions regarding timing and exposure ✓ Monitor for symptoms 	<p>With NO symptoms, do not need to quarantine or be restricted from work or school following an exposure to someone with suspected or confirmed COVID-19, if they follow the testing and masking recommendation below:</p> <ul style="list-style-type: none"> ✓ Monitor for symptoms of COVID-19 for 14 days following an exposure. ✓ Test 3-5 days following the date of exposure. Wear a mask in public indoor settings for 14 days or until you receive a negative test result. Isolate if you test positive and notify School Nurse. ✓ If you live in a household with someone who is immunosuppressed, at increased risk of severe disease, or unvaccinated (including children <12 years of age) also consider masking at home for 14 days following a known exposure or until you receive a negative test result.
<p>Special note for BOTH unvaccinated and vaccinated PERSONS: Once you test positive for COVID-19 or have symptoms, please revert to Person A.</p>					
<p>ACCEPTED COVID-19 TESTS: PCR (preferred) and Rapid Antigen</p>					
<p>*CLOSE CONTACT is defined as anyone who was within 6 feet of an infected person without wearing a mask for 15 minutes or more (cumulative) from 48 hours before the person started feeling sick or tested positive until the time the person was isolated.</p>					
<p>If a teacher or student tests positive or has symptoms, contact tracing will be used to determine close contacts among students, faculty, and staff, and they will be notified of the need to quarantine.</p>					

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My child has symptoms of COVID-19 but has not been lab confirmed.

- ✓ Please consult your primary care physician.
- ✓ Follow the protocol for Person A for the sick child.
- ✓ Siblings who attend Ursuline should follow the protocol for Person B.

My child has had close personal contact with someone who has tested positive for COVID-19.

- ✓ Follow the protocol for Person C if that contact does not live in the same household and /or there is no further contact with them. If the contact lives in the same household, follow the protocol for Person B.

My child has tested positive for COVID-19 (with or without symptoms).

- ✓ Follow the protocol for Person A for the sick child.
- ✓ Siblings who attend Ursuline should follow the protocol for Person B.

My child had COVID-19 symptoms, but the pediatrician diagnosed my child with another illness and not COVID-19.

- ✓ Keep your child at home until he is fever-free for at least 24 hours without fever-reducing medication and his symptoms have improved.
- ✓ A doctor's note and proof of a negative PCR test result for COVID-19 will be required to return to school based on an alternative diagnosis if it is less than 10 days after the symptoms first appeared.

My child has one or more of the common symptoms of COVID-19 but has tested negative for COVID-19 and has not been diagnosed with another illness by their primary care physician.

- ✓ Follow the protocol for Person A for the sick child.
- ✓ Siblings who attend Ursuline should follow the protocol for Person B.

My child has an underlying medical condition that puts them in the special risk categories for COVID-19.

- ✓ Follow the advice of your primary care provider and inform the Student Affairs if the doctor's advice is to keep your child home.

My child has received the COVID-19 vaccine and has been exposed to someone with COVID-19. Your child is not required to quarantine if the following criteria are met:

- ✓ Proof of COVID-19 immunizations have been uploaded by you to the Magnus Health Portal.
- ✓ Your child is fully vaccinated (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine).
- ✓ Your child has remained asymptomatic since the current COVID-19 exposure.
- ✓ Please call the School Nurse at Ursuline to review the dates of exposure and immunization.

My child tested positive with COVID-19 within the 3 months leading up to close contact exposure, recovered from COVID-19, and remains without COVID-19 symptoms.

- ✓ Child does not need to complete 14 day quarantine.