



Possible COVID-19 symptoms:

- Fever of 100.4°F (38.0°C) or greater
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting (GI symptoms)
- Diarrhea

Home Evaluation Rules

- Before coming onto campus each day, all persons must perform (or have a parent perform) a self-evaluation to determine that they exhibit none of the symptoms listed above.
- No person (student or staff) may come to school if he or she has experienced a fever of 100.4°F or higher within the previous 24 hours.
- Anyone who has experienced any of the other listed symptoms may return to school after being asymptomatic (without any medication) for at least 24 hours. If symptoms are abnormal (i.e., are not seasonal allergies or similar) and last for longer than 48 hours, the person **MUST** be seen by a physician and bring a note to the divisional office or department director expressing permission to return to school or work.

If symptomatic at school

- Anyone arriving at school with a fever of 100.4°F or higher will be tested and sent home. Fellow carpool riders will not be sent home, although they will be considered “contacts” should the test come back positive.
- If a student or employee experiences any of the above symptoms at school, he or she must report to the clinic for further evaluation.
 - Anyone who has a fever will be tested, isolated, and sent home as soon as possible to await the results of testing. Anyone testing positive will follow the guidelines of the “COVID diagnosis” section below. Those testing negative must follow the Home Evaluation rules.
 - Anyone displaying any of the other symptoms will be evaluated by the nursing staff. If, in their judgment, the symptoms are minor or are otherwise not unusual for the patient, they may administer medication or recommend other actions (e.g., rest or hydration) and monitor the patient for further symptoms. If minor symptoms improve, the patient may return to class or work. However, the clinic staff will err on the side of caution and may administer a test and then send the patient home as soon as possible. Anyone sent home must follow Home Evaluation rules.

Non-household COVID contact

“Contact” is defined as spending 15 minutes or more within six feet of someone who is diagnosed with COVID, starting two days before that person tested positive or became symptomatic. The only exception to this definition is students in a classroom setting who are spaced at least three feet apart and wearing well-fitted masks – those students do not meet the CDC definition of contact.

- Anyone not fully vaccinated who comes into “contact” with a COVID-positive person outside of school must self-quarantine for five days starting from the date of last contact.
- Vaccinated individuals who come into contact with a COVID-positive person should be monitored for symptoms, and may return to school as long as they remain asymptomatic.

COVID in the household

- Anyone not fully vaccinated living in the same household as someone diagnosed with COVID must self-quarantine for five days after the COVID-positive patient has been released from isolation.
 - The only exception to this requirement is if the COVID-positive patient is completely isolated from the rest of the household (i.e., no contact, shared spaces, time spent together, etc.). In that case, a person must self-quarantine for five days following the last contact with the COVID-positive household member before returning to school.
 - If both parents in a two-parent household test positive at the same time, it is presumed that they will not be able to isolate in the same household. Any unvaccinated students in that household must quarantine for five days after at least one parent completes isolation.

COVID diagnosis

- Anyone diagnosed with COVID must follow a doctor’s orders regarding isolation and quarantine. We do not require a negative test to return to campus and will not test any positive cases for 90 days after their diagnosis.
- We request that any positive diagnosis be reported to the clinic.
- Upon being made aware of a positive case among students or employees, the school will immediately inform the Virginia Department of Health and undertake a contact-tracing exercise. Areas of focus will be fellow bus riders, classmates and teachers, and any other close contacts. Any such contacts will be advised of the possible exposure, and steps will be recommended based on the level of contact and vaccination status of those contacts.

Test to Stay

We have suspended our test to stay program due to a shortage of rapid antigen tests. We hope to resume the practice in the near future.

Updated January 7, 2022