

# COVID-19 SELF-MONITORING QUICK REFERENCE | 2021-2022

As the Elmbrook School District continues to prioritize in-person learning, it is important that we follow these safety recommendations related to COVID-19.



## MASK REQUIRED

- If you are in a 4K-6th mask required classroom.
- Masks must be worn by all riders while on the bus.



## SELF-MONITOR

- Take your temperature each day prior to coming to school.
- Watch for fever, cough, shortness of breath or other symptoms of COVID-19.



## SCHOOL-BASED EXPOSURE

- If notified of a school-based exposure by the District, monitor symptoms for 14 days regardless of vaccination status.
- If symptoms develop, do not attend until:

Cleared by a medical provider; **or**  
Have a negative lab confirmed PCR test; **or**  
10 days have passed since symptoms first appeared

**AND**

Free of fever without the use of medicine for at least 24 hours.



## HOUSEHOLD-BASED EXPOSURE

### VACCINATED

- If a household based close contact occurs, attend school if you are symptom free.
- Monitor symptoms for 14 days and masking is recommended.
- If you become symptomatic:

Quarantine for 10 days without testing; **or**  
Quarantine for 7 days and return to school on day 8 after receiving a negative test result (test must occur on day 5 or later)

### UNVACCINATED

- If a household based close contact occurs:

Quarantine for 10 days without testing; **or**  
Quarantine for 7 days and return to school on day 8 after receiving a negative test result (test must occur on day 5 or later)

- Report positive COVID-19 diagnosis to your school's health room and/or attendance line.

## STAY HOME IF SICK OR SYMPTOMATIC



### 01. WHEN TO STAY HOME

- STAY HOME IF:** You have been diagnosed or tested positive for COVID-19, regardless of vaccination and symptom status.
- STAY HOME IF:** You're experiencing the following symptoms:

#### ONE OR MORE

- Cough
- Shortness of breath
- New loss of taste or smell

#### TWO OR MORE

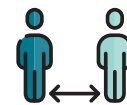
- |                                |               |
|--------------------------------|---------------|
| • Congestion or runny nose     | • Fatigue     |
| • Fever 100.4F or above/chills | • Sore throat |
| • Nausea or vomiting           | • Diarrhea    |
| • Muscle or body aches         | • Headache    |

### 02. CONTACT

- Report your absence to your school's health room and/or attendance line.

### 03. WHEN TO RETURN

- Cleared by a medical provider; **or** Have a negative lab confirmed PCR test; **or** 10 days have passed since symptoms first appeared. **AND**
- Free of fever without the use of medicine for at least 24 hours.



## CLOSE CONTACT DEFINITION

- Exposure within 6 feet for more than 15 minutes.
- 48 hours before the onset of symptoms in the COVID positive person or 48 hours before test date, if asymptomatic.