

COVID-19 - Exposure - Not Sick

What to do if are exposed to a confirmed or presumptive COVID-19 case, but you are not sick

INFORM
SPS

Stay home and quarantine for 14 days since last day of exposure
(Family members also need to quarantine away from infected person)

Watch for symptoms of COVID-19
Students: access online learning

After 14 days quarantine with no symptoms, check in with the office before returning to school.

OR

Wait 72 hours after last exposure, then consult health care provider (HCP) to authorize return to school based on negative COVID-19 test result/s.
(Test result/s must be provided to the school.)

RETURN
TO
SPS

SYMPTOMS

(that are not caused by another condition)

- New cough
- Shortness of breath
- Difficulty breathing
- Fever
- Chills
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Vomiting
- Diarrhea

(Be suspicious of any unusual fatigue, headache, red eyes, runny nose and congestion if not related to another illness or allergies)

If COVID-19 symptoms develop, refer to the COVID-19 Symptoms Protocol (flow chart)