

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 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)
***starts from last date of close contact**

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. **Notify health room for return to school dates.**

STAY HOME IF: You're experiencing the following COVID suspect criteria:

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

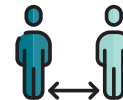
02. CONTACT

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 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.