



> COVID-19 guidance for staff and students

General information regarding COVID-19 and symptoms

> Select an option:

I TESTED POSITIVE.

I HAVE COVID-19 SYMPTOMS.

WHAT DO I DO IF I WAS EXPOSED AND I AM FULLY VACCINATED?

WHAT DO I DO IF I WAS EXPOSED AND I AM NOT FULLY VACCINATED?

With community incidence rates exceeding all previous levels in this pandemic, JCDHE is recommending a sustainable approach related to mitigation, while providing students the opportunity to participate academically to the greatest extent possible. This document is based upon guidance provided by JCDHE for second semester 2021-2022 and will be updated as we receive additional guidance. This guidance will take effect on January 25, 2022, and will apply to all previously identified cases.

DEFINITIONS:

• Positive COVID case:

Lab confirmed positive PCR, rapid PCR positive, lab confirmed positive rapid antigen, and positive antigen home tests are accepted for positive results. Lab confirmed negative PCR or lab confirmed negative rapid antigen results are accepted for negative results.

• Fully Vaccinated individuals:

1. Age 18 and up: Individuals who have received a booster or completed the primary series of Pfizer/Moderna within the last 5 months, or completed the primary series of J&J within the last 2 months.
2. 5-17-year-olds: Individuals who have completed the primary series of Pfizer (2 doses).
3. All individuals with a documented history of COVID-19 in the last **90 days** will be considered fully vaccinated.

• Infectious period:

The incubation period for COVID-19 remains 14 days from the day of exposure (Day 0). CDC has shortened isolation and quarantine periods citing science demonstrating that the majority of COVID-19 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

• Close contact:

JCDHE determines close contacts based on situational risk of transmission including but not limited to unmasked individuals within 6 feet for 15 minutes or more of an unmasked positive case starting 48 hours prior to onset of symptoms/test.

- School personnel, including nurses, will not be involved in close contact identification.
- Positive cases are encouraged to notify any close contacts from 48 hours prior to onset of symptoms or positive test through the Day 10 infectious period.
- Individuals who self-report their exposure will be provided school recommendations and resources including options to assist in limiting the spread in the school community.



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IF YOU TEST POSITIVE FOR COVID (ISOLATE)

Everyone, regardless of vaccination status.

- Stay home for 5 days from symptom onset or test date, whichever is first.
- If you have no symptoms or your symptoms are resolving after 5 days, you can return to school/work on day 6. You must be fever free 24 hours without the aid of medication.
- Must mask at school/work for 5 additional days, days 6-10.
- Remain 6 feet away from others days 6-10 when unmasked (breakfast, lunch).
- Individuals returning day 6-10 should refrain from activities that make proper mask wearing impossible, activities that involve frequent or sustained close contact (certain sports) and activities that increase the risk of transmission of aerosolized respiratory particles (wind instruments, singing, shouting – cheer, choir band).
- All outdoor activities are permitted to be unmasked.

Anyone unable to mask upon their return on day 6 should remain excluded for the full ten-days of their infectious period.



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IF YOU HAVE SYMPTOMS OF COVID-19:

There are three recommended options:

- Get tested.
- Consult with your physician for alternative diagnosis.
- Stay home 5 days, return day 6 if fever free for 24 hours/symptoms resolving, mask day 6-10. Remain 6 feet from others day 6-10 when unmasked.

COVID-19 SYMPTOMS

Staff/Students should remain home if they are exhibiting any of the following symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- Loss of smell
- Loss of taste

or two of the following:

- Fever (100° or higher)
- Chills
- Muscle ache or fatigue
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Congestion or runny nose



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I WAS EXPOSED AND I AM FULLY VACCINATED.

If you were exposed to someone with COVID-19

Fully vaccinated or have had a documented case of COVID-19 in the last 90 days

You are considered fully vaccinated if you are:

- Ages 18 and up: Have received booster dose or completed the primary series of Pfizer/Moderna vaccine within the last 5 months
- Ages 5-17: Completed primary series
- Completed the primary series of J&J vaccine within the last 2 months

What to do now:

- Wear a mask around others for 10 days from the date of exposure.
- If possible, PCR/lab confirmed negative antigen test on day 5 from the exposure.
- Remain 6 feet away from others during the 10 day infectious period when unmasked (breakfast, lunch).

If you develop symptoms get a PCR/lab confirmed antigen test and stay home until confirmation of negative result.



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I WAS EXPOSED AND I AM NOT FULLY VACCINATED.

Not fully vaccinated and have not had a documented case of COVID-19 in the last 90 days

You are considered not fully vaccinated if you are:

- Ages 18 and up: Completed the primary series of Pfizer/Moderna vaccine more than 5 months ago and are not boosted or completed the primary series of J&J over 2 months ago and are not boosted
- Are unvaccinated

If Test to Stay is not available

- Stay home for 5 days after the date of last exposure.
 - If possible PCR/lab confirmed negative antigen test on day 5 from the exposure.
 - Wear a mask at school/work on days 6-10.
 - Remain 6 feet away from others day 6-10 when unmasked.
- OR**
- Stay home for 10 days.

**If Test to Stay is available*

- Wear a mask at school/work for 10 days from the date of exposure.
- Participate in Test to Stay testing every other day for 5 days.
- Remain 6 feet away from others day 6-10 when unmasked.

If you develop symptoms get a PCR/lab confirmed test and stay home until you receive confirmation of a negative result.

Anyone unable to mask upon their return on day 6 should remain home for the full ten-days.

Ongoing household exposures: Timeline begins on day of last exposure to positive case during their 10 day infectious period.

***Testing for those exhibiting COVID-19 symptoms will be prioritized at the SMSD testing site. Test to Stay will be available as capacity allows. When community transmission is high and testing resources are exhausted, Test to Stay may be suspended until testing demands decrease.**