



# COVID-19—Employee Exposure in TK-12 Schools: Social Close Contact, Classroom/In-School, or Sports Exposure

You may have been exposed to this illness on \_\_\_\_\_ and you have been determined to be a social or close contact of a positive person or was exposed in a high-risk activity such as sports.

You are **NOT** required to quarantine at home at this time. You may continue to participate in before/after care and if vaccinated with at least 2 doses, you may continue to participate in extracurricular activities including sports if you test on Day 5 after the last exposure and wear a well-fitting mask for the next 10 days. Please closely monitor for symptoms for 14 days. If symptoms develop, stay home and test immediately.

## COVID-19 can cause these symptoms:

- Fever and/or chills
- Cough
- Sore throat
- Loss of taste and/or smell
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and/or diarrhea

Symptoms usually start 2 to 14 days after a person is exposed to the virus.

COVID-19 can cause serious illness in children with underlying conditions and in older adults.

## How is COVID-19 spread ?

COVID-19 is spread in 3 main ways:

- Breathing in the air when close to an infected person.
- By droplets from talking, coughing, and sneezing that land in the eyes, mouth, or nose.
- Touching eyes, nose, or mouth with hands that have the virus on them.

An infected person can spread COVID-19 starting from 2 days before they had symptoms (or for people without symptoms 2 days before they tested positive) until they meet the criteria for discontinuing home isolation

## What should I do now?

**Watch** for symptoms of this illness for 14 days. If you develop any of the symptoms above, isolate yourself from others you live with and test for COVID-19. Go to the hospital if you are having difficulty breathing or become unresponsive. An employee with COVID-19 may NOT return to school or activities outside the home until they have completed their prescribed isolation period. Please notify your school if you test positive for COVID-19.

For more information on how to safely isolate contact your health care provider, or visit: <https://coronavirus.marinhhs.org/>

Everyone who is eligible should receive the COVID-19 vaccine to reduce the risk of getting sick.