



Here are the latest COVID CDC recommendations (abbreviated)

- Masks welcome but not mandated
- Stay up to date with vaccines
- If you are having any symptoms or feel ill you know well enough to stay home

1. What to do If you are exposed to a COVID positive person:

- Start precautions immediately.
- Wear a mask around all persons for 10 full days and **you may come to work/school masked.**
- Day 0 is the day of your exposure. Day 1 is the first full day after your exposure
- Continue wearing a mask for 10 FULL days so on Day 11 you may unmask.
- You can develop COVID up to 10 days after you have been exposed so it is advised that on Day 6 after exposure take an antigen COVID test. If it is negative continue masking precautions up to Day 10. If it is positive, shift to isolation precautions below.
- If at any time during the 10 days after exposure you develop symptoms then test yourself and if positive begin Isolation recommendations below.

2. What to do if you test positive for COVID-19

- Day 0 of isolation is the day of symptom onset (regardless of when you tested positive)
- Day 1 is the first full day after your symptoms started
- **You must stay home and isolate for 5 full days and separate yourself from others. Stay home.**

You may end isolation after DAY 5 if:

- You are fever free for 24 hours without using fever reducing medications and your symptoms are improving.

If you have been really ill with breathing difficulties or have immune deficiencies isolate through Day 10.

Common Sense here. Wear your mask through Day 10 unmasking on Day 11

The booster for the new variants will be available soon. We advise that you take advantage of it. **We are not doing in school testing as the state no longer supplies tests.**

We will keep you posted on any new CDC recommendations.

Cheers, SAU #70 School Nurses

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