

Gulf Shores City Schools COVID-19 Guidelines

2022-2023

Students and employees exhibiting COVID related symptoms should stay home and contact their health care provider.

COVID Symptoms:

Shortness of Breath or difficulty breathing, cough, new loss of taste or smell fever, chills, muscle/body aches, nausea or vomiting, diarrhea, headache, sore throat, congestion/runny nose (unrelated to a chronic health condition).

People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate at home regardless of their vaccination status. This includes:

- People who have a positive test for COVID-19, regardless of whether or not they have symptoms.
- People with symptoms of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.
- Day 0 is your first day of symptoms or a positive COVID test. Day 1 is the first full day after your symptoms developed.
- It is recommended a mask be worn on days 6-10.

Quarantine:

If you have been exposed to someone with COVID, you do not need to quarantine as long as you remain asymptomatic, regardless of your vaccination status. It is recommended to wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure.

If you develop symptoms: isolate immediately and follow the advice of your health care provider.

References: Alabama Department of Public Health

Centers for Disease Control and Prevention.

Revised 10/10/2022