

Covid-19 Guidance for Students

2022-2023

According to the Florida Health Department

If a student tests positive for Covid-19 and is symptomatic:

Stay home and isolate (away from others) for 5 days from the date your symptoms began.

You may return to school on day 6 if you are fever-free without fever reducing medication (Advil, Motrin, ibuprofen or Tylenol) for 24 hours and your symptoms are improving. A fever is a temperature of 100°F or higher.

Day 0 is the first day your symptoms began.

If a student tests positive for Covid-19 and is asymptomatic:

Stay home and isolate (away from others) for 5 days from the date of your positive test.

You may return to school on day 6 if you are fever-free without fever reducing medication (Advil, Motrin, ibuprofen or Tylenol) for 24 hours and your symptoms, if any develop and are improving. A fever is a temperature of 100°F or higher.

Day 0 is the date of a positive test if you are asymptomatic.

If a student is exposed to someone who tests positive for Covid-19:

If symptoms of Covid-19 develop, stay home and contact your healthcare provider. You may want to perform a home Covid-19 test if available.

If asymptomatic, you do not need to quarantine (stay home). You should continue to monitor for symptoms for 10 days following the exposure.

It is considered an exposure if the student was within 6 feet of the Covid-19 positive person for more than 15 minutes within a 24-hour period.

Covid-19 Symptoms

The predominant Covid-19 variant at this time is Omicron. The Omicron variant spreads more easily than the earlier Covid-19 variants. Omicron infections are usually not as severe as symptoms caused by the earlier variants. The severity of infection may depend on an individual's age, health conditions, history of prior infections and vaccination status. *The most common symptoms are fatigue, headache, sore throat, congestion or runny nose and fever or chills. Other symptoms include, cough, shortness of breath or difficulty breathing, muscle or body aches, nausea or vomiting, diarrhea and loss of taste and smell. Often individuals suspect they have a cold/flu or allergies.*

Isolation

According to the CDC, “Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it’s safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a well-fitting mask when they need to be around others. People in isolation should stay in a specific “sick room” or area and use a separate bathroom if available. Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). They should wear a mask when around others at home and in public for an additional 5 days. People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- People who have a [positive viral 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.”

Communication

In an effort to keep down the spread of Covid-19, we ask that you keep your child home if they experience symptoms of Covid-19. Influenza, Covid-19 and the common cold are upper respiratory viruses and are easily spread from person-to-person. To determine if their symptoms are Covid-19 related, a Covid-19 test is required. Covid-19 antigen tests can be done at home or through a healthcare provider. False negatives are possible when testing is done in the early stages of the virus. Testing should be repeated if symptoms persist or worsen. You should follow the advice of your healthcare provider regarding treatment options.

If you have a positive test for Covid-19, you will need to quarantine at home for a minimum of 5 days following the onset of symptoms. If your symptoms have improved and you have been fever-free for 24 hours, you may return to school on day 6.

You should notify your child’s teacher or advisor and Nurse Rae if you suspect or have confirmation that your child has Covid-19.

Use of facial masks

Students **are not required** to wear a mask when they return to school following their isolation period. Students should not return to school until they feel well enough to participate in all aspects of the school day. If they are still coughing or sneezing they should not return to school. The 5-day quarantine period is a “best case scenario.” It may take longer than 5 days to recover and return to school following Covid-19.

