



As the District takes steps to unwind current mitigation strategies, we continue to have students and staff who walk our hallways and family members of our students and staff who continue to be at higher risk for complications that come with COVID-19 and other respiratory infections. We encourage students, families, and staff to follow best practice when it comes to mitigating the spread of these illnesses, whether that be continuing with handwashing and cough/sneeze etiquette or wearing a mask when ill to help prevent the spread of an illness.

## I HAVE COVID – LIKE SYMPTOMS. Now What?

### STAY HOME IF YOU HAVE SYMPTOMS

A negative COVID test is highly encouraged and recommended to return to school if you are considered symptomatic for COVID based on the symptoms listed to the right. If you are keeping your student home please report your child’s illness and specific symptoms to your child’s school. Feel free to request follow up if you need assistance with the recommendations.

### When should my student stay home?

Your student should stay home if they are symptomatic or have been tested for COVID-19 while waiting for results. Your student is considered symptomatic if they have one of the symptoms marked with (\*) or two of the other symptoms above baseline for them:

- |                              |                       |
|------------------------------|-----------------------|
| -cough*                      | -Fatigue              |
| -Shortness of breath         | -Headache             |
| or difficulty breathing*     | -Muscle or Body Aches |
| -New loss of taste or smell* | -Sore throat          |
| -Congestion or runny nose    | -Nausea or Vomiting   |
| -Fever or Chills             | -Diarrhea             |

**GET TESTED:** Home test, Antigen test, PCR- based, or NAAT test. Please to let the school know about any positive tests.

### POSITIVE TEST RESULT

See the **RED FLOWCHART** below



### NEGATIVE TEST RESULT

Return to school when symptoms have improved and 24 hours fever-free without the use of fever reducing medications. Masking recommended until symptoms have fully resolved. If symptoms continuing best practice is to use the home antigen tests to take multiple test over 2-3 days.

## I HAVE COVID-19. Now What?

**Stay home at the onset of COVID like symptoms.** When someone tests positive for COVID-19, the CDC and DHS continue to recommend that an individual isolate for the first 5 days, with the day of symptom onset being day 0.

- Students/staff can return to school once they are fever free for a 24-hour period, their symptoms are improving, and they can participate effectively in school. Wearing a mask is highly recommended and encouraged for all individuals who test positive for COVID-19 through day 10 until or they produce a negative antigen test.

