



**Monongalia County Schools**  
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## **2022 -2023 COVID Protocols\***

### **Watch for Symptoms of COVID**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **What to Do If You Are Sick**

- Stay home.
- Be tested for COVID – This may be a medical test or a home test.

### **What to do If You Are COVID Positive**

- Stay home and isolate yourself from others in your home.
- Contact the school that your child is positive and the date they tested.
- **The positive person will need to isolate for 5 days with the day of testing being Day 0.**
- If the positive person is fever free for 24 hours without fever reducing medication and symptoms are improving, they may return to school/work on Day 6.
- **Day 6 through Day 10 the positive person will need to wear a tight-fitting mask at school.**
- **If after the 5<sup>th</sup> day if you have a fever, symptoms are not showing improvement, or you cannot wear a mask you will need to remain in isolation at home through day 10.**

### **What to do If I Am Told I Am a Close Contact of Someone With COVID**

- Be tested for COVID 5 days from the last date of exposure to the positive person.
- Per current CDC guidelines, unless you are symptomatic, you do not need to quarantine.

\*This is the Monongalia County Schools COVID Protocol as of March 15, 2023 and may change at any time based on current COVID conditions.