

Gulf Shores City Schools COVID-19 Guidelines

2023-2024

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).

Isolation:

People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to be isolated at home (regardless of vaccination status)

- Day 0 is your first day of symptoms or a positive COVID test. Day 1 is the first full day after your symptoms developed.
- Isolate at home on days 0-5
- May return to school on day 6 if no fever on day 5. It is recommended a mask be worn on days 6-10.
- A positive test for COVID-19, regardless of whether or not there are symptoms.
- Symptoms of COVID-19, including people who are awaiting test results or have not been tested.

Quarantine:

If you have been exposed to someone with COVID, you do not need to be quarantined 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 healthcare provider.

References: Alabama Department of Public Health

Centers for Disease Control and Prevention.

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