

## 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:**

- Isolate at home for confirmed COVID-19 (regardless of vaccination status).
- May return to school when fever-free for at least 24 hours without the use of fever-reducing medication and have symptom improvement.
- It is recommended to practice enhanced hygiene, wear a well-fitting mask and, when possible, keep their distance from others.

### **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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