

Feeling Sick or Exposed to COVID-19:

What should I do?

STUDENTS

If you tested positive for COVID-19

UNVACCINATED (or partially vaccinated as defined by CDC)

VACCINATED (as defined by CDC)

ISOLATE

- Complete the COVID-19 Reporting Form (scan the QR code below).
- Isolate for Day 0 - Day 5
- COVID response team will communicate isolation period based on CDC recommendation.
- After 5 days, if you are fever free for 24 hours and your symptoms are significantly better, without the use of medication, you may return to school and must wear a mask for 5 days. If you cannot wear a mask you should remain in isolation for 10 days.

If you are exposed to COVID-19 in your home

QUARANTINE

- Complete the COVID-19 Reporting Form (scan the QR code below).
- Quarantine for 5 days. If asymptomatic and have a negative test after five days, return to school and wear a mask for five days.
- Continue to monitor for symptoms.

MONITOR

- Complete the COVID-19 Reporting Form (scan the QR code below).
- Symptom-free, fully-vaccinated individuals can report to school.
- Monitor health for 10 days.
- Quarantine not required.
- Testing recommended.

If you have exposure to COVID-19 outside of your home

MONITOR

- Monitor symptoms for 10 days
- Testing recommended.

If you have ANY symptoms of COVID-19 and no known exposure

STAY HOME

- Complete the COVID-19 Reporting Form (scan the QR code below).
- Testing recommended.
- When you are fever free for 24 hours and your symptoms are significantly better, without the use of medication, return to school.

What does it mean? (CDC)

Quarantine

You have been exposed to the virus and may or may not have been infected with the virus.

Isolation

- You are sick or have been infected with the virus, even if you don't have symptoms.
- CDC recommends If POSITIVE test, isolate for 5 days. If asymptomatic after 5 days, return and wear a mask for five days.

Vaccinated

The CDC defines fully vaccinated for individuals under 18:

- Completed the primary series of Pfizer or Moderna vaccine OR
- Completed the primary series of J&J vaccine.

Scan QR code for CDC quarantine/isolation guidance



Scan QR code for COVID-19 reporting form



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