COVID-19 Protocols

Revised January 18, 2022

<u>If you test positive to COVID-19</u>

Isolate

If you are sick or test positive
Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.

Stay home for at least 5 days: Stay home and isolate for 5 days and isolate from others in your home.	Ending isolation if you had symptoms: End isolation after 5 full days, if you are fever-free for 24 hours (without the use of fever reducing medication) and your symptoms are improving.	Take precautions until day 10
Wear a well-fitted mask if you must be around others in your home.	**Ending isolation if you did NOT have symptoms:** End isolation after a least 5 full days after your positive test.	**Wear a mask** Wear a well fitted mask for 10 full days anytime you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
Wear a well-fitted mask if you must be around others in your home.	**If you were severely ill with COVID-19:** You should isolate for at least 10-days. Consult your doctor before ending your isolation.	**Avoid travel** **Avoid being around people who are at high risk.**

Day of Positive Test for COVID-19 — 0 1 2 3 4 5 6 — Return to School. Wear Mask 5 Days.
7 8 9 10

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

EXPOSED TO PERSON WITH COVID-19

Quarantine

If you were exposed

Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.

Non-vaccinated or NOT up to date	Quarantine for at least 5 days	After quarantine	Take precautions until day 10
If you were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations.	**Stay home** Stay home and quarantine for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.	**Wear a mask** Wear a well-fitted mask for 10 full days anytime you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
	Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.	**If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Avoid travel** **Avoid being around people who are at high risk.**
Vaccines up to date	**No quarantine**	**No quarantine**	**Take precautions until day 10**
If you were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations.	You do not need to stay home **unless** you develop symptoms.	**Watch for symptoms** until 10 days after you last had close contact with someone with COVID-19	**Wear a mask** Wear a well-fitted mask for 10 full days anytime you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
	Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.	**If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Avoid travel** **Avoid being around people who are at high risk.**

Exposed to Positive Case		Watch for symptoms	Take precautions until day 10
If you were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)	**No quarantine** You do not need to stay home **unless** you develop symptoms.	Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.	**Wear a mask** Wear a well-fitted mask for 10 full days anytime you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
		If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Avoid travel** **Avoid being around people who are at high risk.**

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

Please remember if you are ill (not feeling well), you need to stay home to avoid infecting others.

Where can I test for COVID-19?

 ISD 518 has a limited supply of test kits that can be sent home with Staff and Students. These tests are At-Home test kits and should be administered at home. You can also purchase At-Home kits from your local drug store or contact your local health provider about testing options.

Get free at-home COVID-19 tests www.covidtests.gov

Every home in the U.S. is eligible to order #4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. This is the federal government's site that is providing these kits to those that request them.

Order your tests now so you have them when you might need them.

The Worthington School District is committed to providing a safe and healthy environment for all our students, employees, and the public we serve. We will continue to monitor our local situation and work closely with area health professionals on COVID-19 mitigation strategies. Only through this cooperative effort can we establish and maintain the safety and health of our students, employees, and the community.