

RETURNING TO SCHOOL AFTER AN ILLNESS

In order to return to school, any student or staff member who has symptoms of Covid-19, regardless of vaccination status, must get 1.) A negative Covid test, 2.) Written clearance from their medical provider, **OR** 3.) Complete a 10-day quarantine. Please consult with your medical provider. A negative Covid test confirmed by a lab or medical provider is required. You cannot return to school with a negative rapid at-home test.

Covid-19 Symptoms: Fever, cough, shortness of breath, fatigue/weakness, headache, body/muscle aches, sore throat, stuffy or runny nose, the new loss of taste and smell, nausea, vomiting, and diarrhea. [Symptom Infographic](#)

Test Results**Negative Result (not a close contact** to a Covid positive person)**

Remain home until symptoms have improved and fever-free for 24 hours without medication use. **Submit proof of a negative test to your school site before your return to school.**

Negative Result (with close contact to a Covid positive person – masked or unmasked)**

See page two for quarantine and testing guidelines following a close contact Covid exposure.

Positive Result: Regardless of vaccination status.

- *With symptoms:* May return after 10 days have passed since the start of symptoms as long symptoms are improving and you have no fever for 24 hours (without fever-reducing medication).
- *Without symptoms:* May return after 10 days have passed since the date of the positive Covid test. If symptoms develop during isolation, you may return 10 days after the test date if symptoms are improving and you have no fever for 24 hours (without fever-reducing medication).
- Notify the attendance office of a positive Covid test so that contact tracing can begin.
- No repeat testing is required to return to school.

No Covid-19 test taken:

You must remain at home for at least 10 days after symptom onset, **and** at least 24 hours have passed since the resolution of fever without the use of medication, **and** other symptoms have improved.

Post Covid-19 Infection

- If you have had Covid-19 in the past 90 days and are *experiencing symptoms of illness*, consult with your medical provider, but do not take a Covid test.
- If you have had Covid-19 in the past 90 days and are *in close contact with a Covid positive person*, do not take a Covid test, and you do not need to quarantine.

Submit documentation to your school site of a positive Covid-19 test in either scenario.

If you develop any signs or symptoms of Covid-19, contact your healthcare provider immediately.

Close Contact Definitions

Close Contact: You have been in direct contact with a person who has Covid-19 for a cumulative amount of time greater than 15 minutes and less than 6 feet away. See Page 2 For Quarantine Guidelines Based On Vaccination Status.

Contact of a Contact: You have been in contact with someone who has been identified as close contact with a Covid positive person. You do not need to quarantine. If you develop symptoms of Covid-19, contact your medical provider or get a Covid test.

Close Contact Quarantine Requirements for Students and Staff
USE ONLY IF YOU ARE A CLOSE CONTACT TO SOMEONE WITH COVID-19

Fully Vaccinated: *Students, Teachers, and Staff without symptoms of Covid*

- May return to school immediately.
- Proof of vaccination is required before returning to work/school. [COVID-19 Documentation Form](#)
- Testing is recommended 3-5 days after close contact.
- If you develop any [Covid-19 symptoms](#), stay at home and get tested for Covid-19. Do not come to school with any symptoms.

Modified Quarantine: *Students Only - Unvaccinated Close Contacts & Both Parties Were Wearing a Mask*

Exposure Notification Timelines (refer to your exposure letter for specifics dates)

- **Regular Exposure Notification:** Notification received within the first 3 days of the exposure event.
- **Delayed Exposure Notification:** Notification received 4 or more days after the exposure event.

Students may continue to attend school for in-person instruction if 1.) The student has no Covid symptoms; 2.) Continue to mask appropriately and 3.) Adhere to testing requirements

Modified Quarantine Testing Requirements:

1. A negative test is not required to start a modified quarantine. The student can return to school after exposure notification.
2. Testing timelines:
 - a. **Regular Exposure Notification:** Two (2) Covid tests are required to remain in modified quarantine.
 - i. Test #1: The first test is required within three (3) full days from the *date exposure notification*.
 - ii. Test #2: The second test must be taken on or after day 5.
 - iii. If you cannot obtain the first test by the end of day 3, please contact your school site for further instructions
 - b. **Delayed Exposure Notification:** One (1) Covid test is required to remain in modified quarantine.
 - i. The test must be taken on or after day 5 from the *date of exposure*.
3. Upload test results, when received. [COVID-19 Documentation Form](#)
4. Students may return to sports and extracurricular activities on day 8 with a negative test and have no Covid symptoms.
5. If the student develops [Covid-19 symptoms](#), they should stay at home and get tested for Covid-19. Do not come to school with any symptoms.

Shortened Quarantine: *Students, Teachers, and Staff*

Unvaccinated Close Contacts & One or Both Parties Were Not Wearing a Mask

If you have not had any symptoms you may end self-quarantine under the following conditions:

1. The quarantine can end after day 10 from the date of last exposure without testing; **OR**
2. The quarantine can end after day 7 if a negative test is collected on or after day 5 from the *date of last exposure*.
 - a. With a negative Covid test, the students, staff, and teachers can return to school and extracurricular activities as long as you have no symptoms. Submit negative Covid test results to the school site or [COVID-19 Documentation Form](#)
 - b. Students should continue to monitor for signs for a full 14-days after exposure. If the student develops [Covid-19 symptoms](#) or becomes sick, they should stay at home and get tested for Covid-19.

* **School setting** means indoors, outdoors, on school buses, as well as any other supervised school activity.