



## Procedure on Covid-19 2022-2023 School Year

### **Symptoms of COVID-19 include:**

- New onset cough or shortness of breath by themselves OR at least 2 of the following:
  - Fever (100.4°F or higher)
  - Chills
  - Cough
  - Headache
  - Muscle pain
  - Sore throat
  - Fatigue
  - Congestion
  - Loss of sense of smell or taste
  - or gastrointestinal symptoms of diarrhea, vomiting, or nausea.
  
- If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should follow MDH and CDC guidance

### **Isolation:**

- Regardless of vaccination status, you should isolate yourself from others when you have COVID-19.
- You should also isolate yourself if you are sick and suspect that you have COVID-19 but do not yet have test results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

### **If you test positive follow these Isolation Guidelines:**

If you had no symptoms

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

If you test positive for COVID-19, **stay home for at least 5 days** and isolate yourself from others in your home.

**Ending Isolation:** Ending isolation is based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

- You may end isolation after day 5.

If you had symptoms and:

- Your symptoms are improving
  - You may end isolation after day 5 if:
  - You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- CDC suggests wearing your mask through day 10.

OR



- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.