

ISOLATION GUIDANCE

If you **test positive for COVID-19**

According to the CDC/ODH everyone, regardless of vaccination status, should:

- Isolate and stay home for 5 days from onset of symptoms or from test date, if no symptoms.
- If you have no symptoms or your symptoms are improving after 5 days, you can return to school/work.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever or symptoms have not improved, continue to isolate and stay home until you are fever-free for 24 hours without the use of medication.



If you have:

- 1 or more High Risk Symptoms:
 - New/worsening cough, shortness of breath, difficulty breathing, loss of taste/smell -OR-
- 2 or more Low Risk Symptoms
 - Fever (> 100 degrees), chills, fatigue, muscle or body aches, headache, sore throat, congestion/runny nose, nausea or vomiting, diarrhea
- Please stay home and contact school for more guidance.

QUARANTINE GUIDANCE

Exposed to someone with **COVID-19** outside of school:

If you:

- Completed the primary series of Pfizer or Moderna vaccine plus 14 days or received one dose of the J&J plus 14 days.

Then you:

- Do not need to quarantine & may continue normal activities.
- Wear a mask around others for 10 days.
- *If you develop symptoms, get a test, isolate, and stay home.*

If you:

- Are not two weeks past your last dose of the vaccine -OR-
- Are unvaccinated.

Then you:

- Quarantine and stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- *If you develop symptoms, get a test, isolate, and stay home.*

Exposed to someone with **COVID-19** at school/school event:

Mask to Stay Option:

- If no symptoms are present you can:
 - Out of school quarantine -OR-
 - Choose the “Mask to Stay”- direct contacts may remain in the classroom if you do the following:
 - Wear a mask for 10 days after their last date of exposure
 - Self monitor/parent monitor for symptoms
- *If you develop symptoms, get a test, isolate, and stay home.*

Test to Play:

- If no symptoms are present you can:
 - Test on initial notification of exposure to COVID-19.
 - Wear a mask when able (locker rooms, sidelines, etc)
 - Test again after day 5. If your are negative at this time, you will test out of quarantine.
- *If you develop symptoms, get a test, isolate, and stay home.*