



Illness and COVID-19 Exposure Guide

What to do if you feel sick, test positive, or are exposed to COVID-19

Symptoms

- If you have any new or worsening symptoms and no known exposure to COVID-19, regardless of vaccination status, **STAY HOME**. Symptoms include: Fever, chills; shortness of breath; sore throat; loss of taste or smell; headache; loss of appetite; cough; nasal congestion; nausea, vomiting or diarrhea; fatigue; muscle or body aches.
- According to [Monroe County Department of Health guidance](#) you should seek a medical evaluation and/or **GET TESTED**. Negative home tests are not permitted for return to school/work.
- If you test negative or receive an acceptable alternative diagnosis, you can return school/work once symptoms have resolved.
- If a test is not taken when recommended, follow guidance for testing positive.

Prior Confirmed Case of COVID-19

- You do not need to quarantine for 90 days and you should not get a PCR test within 90 days of testing positive unless directed to do so by a healthcare provider or Department of Health.

Tested Positive

- **STAY HOME** and **ISOLATE** for at least 5 full days from symptom start date or the positive test date if symptom-free.
- Staff, **NOTIFY** Benefits and your supervisor. **EMAIL** COVID response and **REPORT** your [positive test to Monroe County](#). If you live outside Monroe County, contact your county of residence.
- Students should **NOTIFY** the school nurse and **REPORT** the [positive test to Monroe County](#).
- Students can return to athletics 10 days after the onset of symptoms or the date they tested positive, provided they are symptom-free and have been evaluated and cleared by their primary care physician.
- Return to school/work after 5 full days if fever-free for 24 hours and other symptoms are resolving.
- If symptoms persist past 5 days, return to school/work after symptoms resolve.
- When you return, continue to wear a well-fitted, multi-layer mask that covers the mouth, nose, and chin.

Exposure to COVID-19

DETERMINE if you are a close contact. A close contact is someone who was with a person who has tested positive for COVID-19 unmasked (you or the infected person) for longer than 15 minutes within 6 feet within 48 hours of symptoms or the positive test if symptom-free. Follow guidance below based on vaccination status.

Fully Vaccinated

This column provides [guidance for staff and students who are fully vaccinated and boosted](#) or not yet eligible for a booster.

- You can remain at school/work and continue to participate in extracurricular activities as long as no symptoms develop.
- Continue to wear a well-fitted, multi-layer mask that covers the mouth, nose, and chin.
- A COVID-19 **TEST** is highly recommend 5 days after exposure and is required if symptoms develop.
- If no test is taken after symptoms develop, **STAY HOME** and follow the guidance for testing positive.

Not Boosted

This column provides [guidance for staff and students who are eligible for a booster but have not yet gotten the shot](#).

- You can remain at school/work, during the instructional day only, as long as no symptoms develop.
- You are required to quarantine outside of the instructional school/work day for 5 full days past the last day of exposure.
- Students and staff that reside in Monroe County need to **REQUEST** a [quarantine order from Monroe County](#). Staff that live outside of Monroe County need to contact their county of residence.
- Participation in extracurricular activities are not allowed for 10 full days past the last day of exposure.
- Continue to wear a well-fitted, multi-layer mask that covers the mouth, nose, and chin.
- A COVID-19 **TEST** is highly recommend 5 days after exposure and is required if symptoms develop.
- If no test is taken after symptoms develop, **STAY HOME** and follow the guidance for testing positive.

Unvaccinated

This column provides [guidance for staff and students who are not fully vaccinated](#).

- You are required to **QUARANTINE** for 5 full days past the last day of exposure.
- Students and staff that reside in Monroe County need to **REQUEST** a [quarantine order from Monroe County](#). Staff that live outside of Monroe County need to contact their county of residence.
- Participation in extracurricular activities are not allowed for 10 full days past the last day of exposure.
- Continue to wear a well-fitted, multi-layer mask that covers the mouth, nose, and chin.
- A COVID-19 **TEST** is highly recommend 5 days after exposure and is required if symptoms develop.
- If no test is taken after symptoms develop, **STAY HOME** and follow the guidance for testing positive.

QUESTIONS?

Visit the [District website](#)

Students - contact your school nurse.

Staff - Click [here](#), contact Benefits or your supervisor.