

## COVID Protocols 2023-24

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Good morning, As we head into the cold and flu season, I wanted to take this opportunity to remind everyone of the standard COVID protocols for the District. The Board approved plan indicates the District, and all District employees will follow the current CDC guidelines. Below is a summary of the current CDC isolation and exposure guidelines:

### Isolation Guidelines:

Remain out of school/work for five days from symptom onset. If asymptomatic it is five days from the date the test was taken.

An individual may leave isolation after five days of isolation if they are fever free for 24 hours (without the use of fever-reducing medication) and are otherwise symptom improving.

An individual is required to wear a mask for ten days from symptom onset whenever they are out in public. However, a person may stop wearing a mask sooner than day ten if they test negative on two antigen (RAPID) tests taken 48 hours apart.

Often times the timeline is not as simple as described above so it is important to notify myself when one does test positive so I can issue appropriate guidance.

### What to do if exposed?:

Wear a mask as soon as you find out you were exposed and continue for a full 10 days after the date of exposure.

It is recommended that you get tested after five (5) full days from your exposure. If you test negative continue taking precautions through day 10. A person may stop wearing a mask sooner than day ten if they test negative on two antigen (RAPID) tests taken 48 hours apart.

For more information, please visit the CDC website.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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IF Your student tests  
Positive to Covid

- #1 Call your School Nurse
- #2 Take a picture of the test Results + DTD or Email the teacher.
- #3 Note the Day they test positive (Day 1)
- #4 Keep them Home for 5 Days.

IN ORDER TO RETURN TO SCHOOL they must be fever free for 2 days, AND ALSO NO TYLENOL OR IBUPROFEN for 2 days.

Day #6 they may return masked to school.