

## Reasons to Stay Home and Other Covid-19 Information

Below are the general guidelines to manage COVID symptoms, confirmed exposures, and confirmed positive cases amongst students and staff of K-12 schools, based on guidance from the U.S. Centers for Disease Control and Prevention (CDC).

1. If a student or employee is symptomatic with any of the symptoms listed below, they should not come to school and should seek COVID testing at a location listed at: [coronavirus.utah.gov](https://coronavirus.utah.gov)

• **One or more of these symptoms:**

- Cough
- shortness of breath
- difficulty breathing
- fever of 100.4° F or higher
- chills
- new loss of taste or smell

• **Two or more of these symptoms:**

- headache
- muscle pain
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

2. If a student or employee is **symptomatic** (as defined in #1) and tests for COVID\*, they should remain at home until test results are back.

- If test result is **negative**, the individual may return to school when symptoms are improving and they are fever-free without the aid of medication for at least 24 hours
- If test result is **positive**, the individual must remain isolated until symptoms are improving and one of the following, whichever is longer:
  - 10 days have passed since symptoms began
  - 24 hours have passed since resolution of fever without the aid of medication

*\*If the student or employee chooses to not be tested, they should stay home and the school should use the return-to-work/return-to-school guidance intended for a positive test result (second bullet above).*

3. If a student or employee is **exposed but not symptomatic**, they should quarantine for 14 days from the date of exposure and watch for symptoms. The individual should *maintain the full 14-day quarantine even if they test negative for COVID during the 14-day time period*; illness may develop at any point during the 14 days and they may have tested before illness developed.