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

• **One or more of these symptoms:**	• **Two or more of these symptoms:**
▪ Cough	▪ headache
▪ shortness of breath	▪ muscle pain
▪ difficulty breathing	▪ sore throat
▪ fever of 100.4° F or higher	▪ congestion or runny nose
▪ chills	▪ nausea or vomiting
▪ new loss of taste or smell	▪ diarrhea

2. If a student or employee is **<u>symptomatic</u>** (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** at school and all involved were wearing masks they do not have to quarantine if they do not have and symptoms of Covid 19.
If at any time during the 14 days after their exposure a person develops symptoms for Covid 19 they should isolate and get tested right away. If the person does not have symptoms, they should wait 7 days after they were exposed to get tested.

If any person was not wearing a mask at the time of exposure the person exposed will need to quarantine for a length of time described below.

1) Return from quarantine is allowed on day 10 without testing if they do not have symptoms of Covid 19.
2) Return from quarantine is allowed on day 7 if that person receives a negative test result no earlier than day 7. The test can be a PCR or rapid antigen test.

Anyone exposed to Covid 19 will need to still watch for symptoms until it has been 14 days since the exposure to the virus.