

Staying Home When Sick

People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Testing is recommended for people with [symptoms of COVID-19](#) as soon as possible after symptoms begin. People who are [at risk for getting very sick](#) with COVID-19 who test positive should consult with a healthcare provider right away for possible treatment, even if their symptoms are mild. Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people. For more information on staying home when sick with COVID-19, including recommendations for isolation and mask use for people who test positive or who are experiencing symptoms consistent with COVID-19, see [Isolation and Precautions for People with COVID-19](#).

When to Isolate

Regardless of vaccination status, you should isolate yourself from others when you have COVID-19. You should also isolate yourself if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

IF YOU TEST

Negative

You can end your isolation

IF YOU TEST

Positive

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no **symptoms**

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had **symptoms**

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

Isolation

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- [Wear a high-quality mask](#) if you must be around others at home and in public.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Don't share personal household items, like cups, towels, and utensils.

Ending Isolation

End isolation based on how serious your COVID-19 symptoms were.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

Masking

Upon returning to school you will need to continue wearing a mask until after day 10.

Close Contact

At this time the school is not contact tracing for Covid 19. We ask that if you/your child is a close contact of a Covid positive individual, you wear a mask for 10 days following close contact.

School Work

Please check google classroom or email your teachers for any missed work.