



COVID-19: School Guidance for Parents & Guardians

If your child is sick

1. Keep children with symptoms home from school
2. Contact a healthcare provider or seek testing
3. Notify your school within 24 hours of receiving a diagnosis
4. Cooperate with school staff and the Board of Health in contact tracing efforts

Positive Test/Isolation

1. You are required to isolate in your home or place of residence, regardless of symptoms or vaccination status, until you meet ALL of the following criteria:
 - a. At least 5 days have passed since your first symptoms appeared OR since your test date, if you have no symptoms
 - b. Your symptoms have improved
 - c. You have been fever-free for at least 24 hours without taking medication to reduce your fever like Tylenol or Motrin
2. Once you meet these criteria, you should continue to mask for the next 5 days to minimize risk to others or use 2 negative antigen tests to decide when to stop wearing a mask.
3. If you still have a fever after day 5, stay home until your fever is gone and other symptoms improve, and then wear a mask for the next 5 days.
4. If you are unable to wear a mask, you should isolate at home until day 10.

Close Contact

1. If your child is a close contact of a student or staff member identified as a case
2. Close contacts are no longer required to quarantine. However, close contacts should monitor their symptoms for at least 10 days and if symptoms begin, the individual should immediately begin isolation.
3. Identifying close contacts
 - Close contact is defined as being within 6 feet of someone for at least 15 minutes or more.
 - Close contact is cumulative, meaning that the time adds up. Repeated contact for several shorter periods of time can equal or exceed 15 minutes and is considered a close contact.
 - A person diagnosed with COVID-19 is considered to be infectious for the following period of time:
48 hours before their symptoms began AND until their time in isolation ends
 - A person without symptoms is considered to be infectious for the following period of time:
48 hours before the date of their COVID-19 test until 10 days after their test