



COVID-19: WHAT TO DO IF...



01 I, or a family member, begin to feel sick at home

- Stay home, unless you are getting medical attention or getting a COVID test.
- Keep a note of what symptoms you feel and when they started.
- Call your doctor to determine the next steps.
- Inform the school.
- If you begin to feel confused, are struggling to breathe, or have a high fever (103°F), seek urgent care.

02 I begin feeling sick at school

- Tell your teacher as soon as you begin feeling sick.
- Keep note of what you're feeling, and if you've recently been exposed to someone sick.
- The school nurse will bring you to the isolation room to gather more information, and decide the next steps.

03 I am informed that I was a close contact of someone infected with COVID-19 at school

Close contact: physical contact within 6 feet for a total of 15 minutes or more within a 24-hour period. The time frame is 2 days prior to illness onset, regardless of whether the contact was wearing a mask.

A school nurse will reach out to you and your parent regarding when the exposure took place, and whether or not you should get tested for COVID and quarantine for 14 days.