



## COVID-19 Parent Reference Guide

### Exposed to COVID-19



Cannot go to school

- Exposure is defined as **close contact** within 3-6 feet of a positive COVID-19 person for 15 cumulative minutes in a 24 hour period regardless if a mask worn by either person.
- An exposed student must quarantine for **10 days** and monitor for symptoms. Quarantine may be shortened to **7 days** if verification of a negative COVID-19 test taken on day 6 or day 7 of the quarantine is submitted.\* With a negative test, the student can return on day 8.
- Quarantine is **NOT** required for a student who can provide verification of previously testing positive for COVID-19 within the past 90 days, if the student does not develop any symptoms.
- Quarantine is **NOT** required if verification the student meets the CDC criteria for being considered **fully vaccinated** for COVID-19 is submitted and the remains without symptoms.
- In all cases, if symptoms develop during the quarantine, the student must follow the guidance for someone "Symptomatic for COVID-19".

### Sick with COVID-19 Like Symptoms



Cannot go to school

- If the diagnosis is something other than COVID-19, (e.g. stomach virus, ear infection, sinus infection) follow the normal school illness policies.
- The student should remain home until symptoms improve and when fever free for 24 hours without the use of fever reducing medication.
- If a COVID-19 test is taken, stay home while awaiting the test results.
- If a student is sick or has symptoms associated with COVID-19, a medical doctor's note or negative COVID-19 test result is required to return to school.

### Positive for COVID-19



Cannot go to school

- If Asymptomatic, stay home for **10 days** since the first positive COVID-19 test provided symptoms do not develop during the isolation period.
- If Symptomatic, stay home for **10 days** since the onset of the first symptom. Remain home until fever free for 24 hours without the use of fever reducing medication and symptom improvement.
- The school will coordinate with the local health department to determine return date to school.\*\*
- A medical doctor's note or letter from the health department indicating safe return date is required to return to school.

\* The CDC generally recommends a close contact should quarantine for 14 days after exposure. However, to reduce the time a student is away from in-person learning, schools can follow the guidance of the local health department to implement the option to reduce quarantine time as proposed by the CDC such as reduced 10 day quarantine or return after 7 days by obtaining a negative test after day 5. **In all cases, upon return a mask is required for the duration of the recommended 14 day quarantine.**

\*\* In the event a school has a positive case of COVID-19, staff members and parents of those individuals exposed will be notified as soon as possible. The school will consult with the Diocese of Orlando and the local health department for guidance and directives. The nature of the circumstance will determine if a school closure is necessary and the length of closure; each situation is unique and will be addressed accordingly.