SELF-QUARANTINE

- STUDENTS: CALL SCHOOL HEALTH OFFICE & STAY HOME 14 days or until cleared by medical documentation.
- STAFF: STAY HOME 14 days or until cleared by medical documentation and human resources.
- AVOID CONTACT with other people.
- DON’T SHARE household items.
- GET TESTED if symptoms develop or 5-7 days after last exposure to confirmed case.
- Siblings & household members must quarantine for 14 days.

SELF-MONITOR

- BE ALERT for symptoms of COVID-19, especially fever, a dry cough or shortness of breath.
- TAKE YOUR TEMPERATURE every morning and night and write it down.
- CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
- If symptoms develop, view the Symptoms/Sick Decision Tree.

PRACTICE SOCIAL-DISTANCING

- STAY HOME as much as possible.
- DON’T physically get close to people. Try to stay at least six feet away.
- DON’T hug or shake hands.
- AVOID groups of people and frequently touched surfaces.

AND PRACTICE GREAT HYGIENE!

- WEAR a mask
- WASH your hands thoroughly & frequently
- WATCH your distance
- AVOID TOUCHING your face
- CLEAN frequently touched surfaces regularly


EXPOSITION DECISION TREE

WHAT SHOULD I DO IF?

- who has tested positive for COVID-19?
- who is being tested due to symptoms or direct exposure?
- who might have been exposed...
- and is experiencing symptoms?
- but is not experiencing any symptoms (yet)?
- who has been in close contact with someone ELSE who might have been exposed?

Test comes back negative

Self-quarantine AND self-monitor.

Self-monitor AND practice social-distancing.

Practice social-distancing.

WHAT IF I HAVE SYMPTOMS?

If you experience symptoms such as fever, dry cough or difficulty breathing, refer to the Symptoms/Sick Decision Tree.