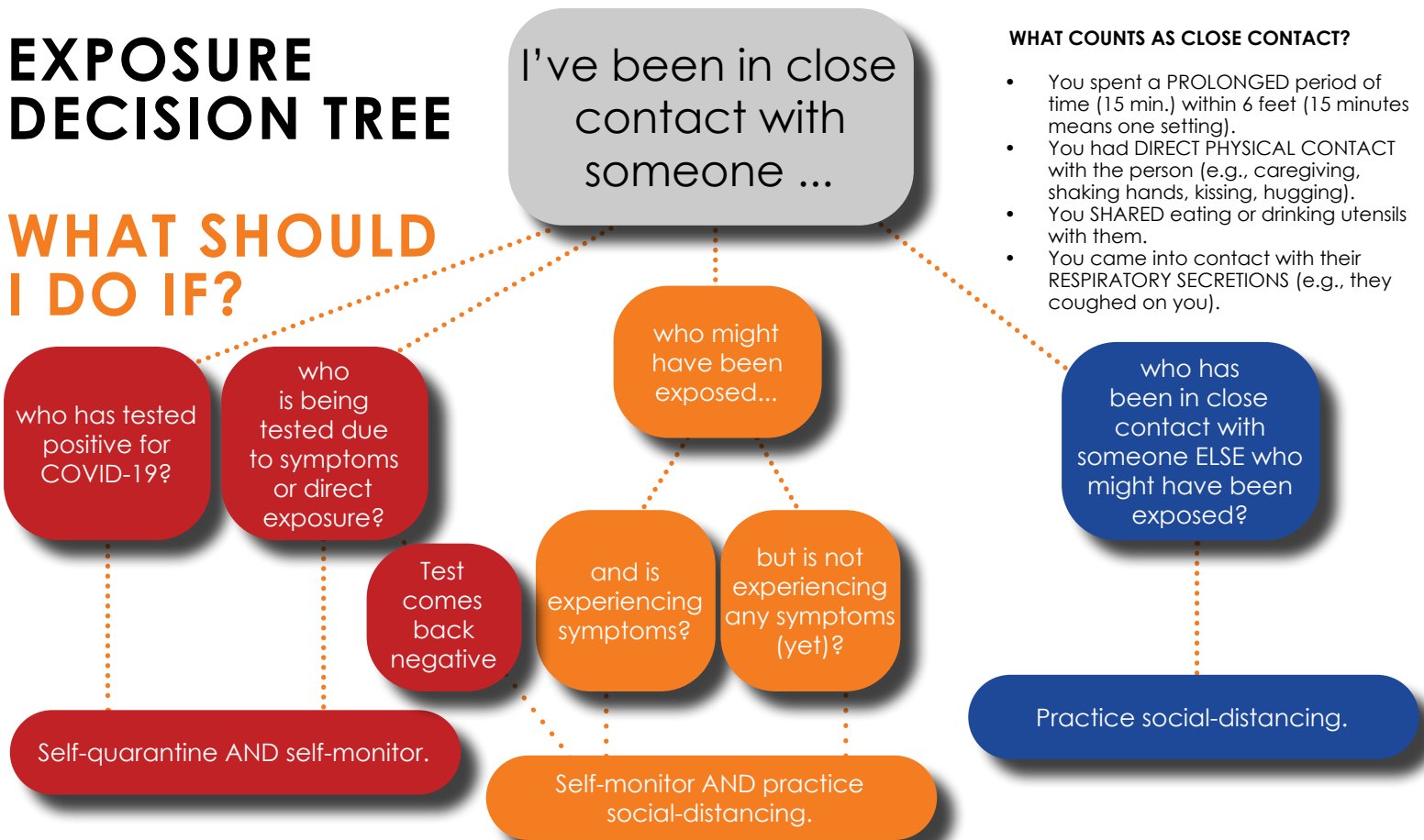


EXPOSURE DECISION TREE

WHAT SHOULD I DO IF?



HOW DO I?

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

LEARN MORE at <https://www.health.state.mn.us/diseases/coronavirus/index.html>.

WHAT IF I HAVE SYMPTOMS?

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

St. Cloud Area School District 

Adapted from MIT Medical CareHere, LLC