

Isolation for COVID-19

<p>Use this Guide If: You have tested positive for COVID-19, regardless of whether or not you have symptoms:</p> <ul style="list-style-type: none"> - If you are in public or around others when you get your positive test result or when you develop symptoms, make sure you have a mask on, then go home and isolate according to the following guidelines. 	<p><u>Symptoms of COVID</u></p> <ul style="list-style-type: none"> • Fever or Chills • Cough • Shortness of breath or difficulty breathing • Sudden fatigue • Muscle or body ache • Headache • New loss of taste or smell • Sore Throat • Congestion or runny nose • Nausea, dizziness or vomiting • Diarrhea <p>Asymptomatic = no symptoms</p>
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If you have symptoms										
(If you do not have symptoms, see the chart below)										
Day 0 (The First Day you notice Symptoms)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Isolate	Isolate	Isolate	Isolate	Isolate	Isolate	End Isolation only if your symptoms have completely Resolved and you can wear a mask around others 100% of the time. Do not eat around others. School staff, students may return to school if symptoms are completely resolved. If you still have symptoms beyond day 10, continue to isolate until they have resolved.				

<u>If you do not have any symptoms</u>										
Day 0 (The First Day you notice Symptoms)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Isolate	Isolate	Isolate	Isolate	Isolate	Isolate	End Isolation ONLY if you can wear a mask around others 100% of the time. Do not eat around others. School staff/students may return to school				