

# Responding to Known Exposure of COVID-19



Individual who has had close contact  
( $<6$  feet for  $\geq 15$  minutes\*)

**School Nurse**  
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**STAY HOME!**  
Call your doctor and  
notify the school nurse.

**TEST NEGATIVE  
OR DOCTOR ADVISES NO TEST**

**TEST POSITIVE  
FOR COVID-19**

## QUARANTINE

- Stay home until 14 days after your last contact
- Check your temperature twice a day
- Stay away from people who are at high risk for getting sick from COVID-19

## ISOLATE (all criteria must be met)

- 10 days since symptoms first appeared
- Must be symptom-free and fever-free without medication for 24 hours

If you live with others, stay in a specific "sick room" or area away from other people or animals, including pets. Use a separate bathroom, if available.

## RETURN TO SCHOOL

- Notify the school nurse

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- Must have a doctor's note to return to school
- Notify the school nurse

\*Data is insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure, but 15 minutes of close exposure can be used as a guide. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (i.e., did the infected person cough directly in the face of the exposed individual) remain important.  
[www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html)

# Responding to COVID-19 Symptoms and Illness

(with no known exposure to COVID-19)



Experiencing COVID-19 Symptoms

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**WATCH FOR SYMPTOMS**

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea