



COVID-19 Exposure Guidelines for Students/Employees

UP-TO-DATE WITH VACCINATIONS

Stay or go home if you have one or more of these symptoms:

- Fever over 100.4
- headache
- **new** cough
- muscle aches/body aches
- shortness of breath or difficulty breathing
- **new** loss of taste or smell
- fatigue
- sore throat
- runny nose
- vomiting
- diarrhea

When can I return to school/work?

This depends on whether or not you are up-to-date with COVID-19 vaccinations. The Centers for Disease Control and Prevention (CDC) now use these definitions:

- **Fully vaccinated:** two weeks or more after receiving the second dose of Pfizer or Moderna OR two weeks or more after receiving the single dose of Johnson and Johnson.
- **Up-to-date with vaccinations:** have received ALL recommended COVID-19 vaccines, including any booster doses when eligible

WDMCS encourages staff and students to obtain all recommended COVID-19 vaccinations when available. We base **recommended** quarantine dates on whether individuals are UP-TO-DATE or NOT UP-TO-DATE with vaccinations.

If you are UP-TO-DATE with VACCINATIONS:



NO Symptoms

Return to school when you have no symptoms for 10 days after testing.

Symptoms

Return to school 10 days after illness starts AND 24+ hours have passed since fever without fever-reducing medications AND all other symptoms have improved.



Confirmed Case

CDC recommends no quarantine. Recommend masking for 10 days, test at least 5 days after exposure. (Exposure example: household contact)

Tested Negative

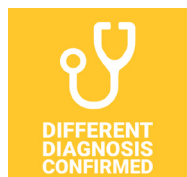
Return to normal activities 24 hours after a fever and other symptoms have resolved.

Tested, Waiting Results

CDC recommends self-quarantine at home. Return after 24+ hours have passed since last fever without fever-reducing medications AND all symptoms have improved AND 10 days since symptoms appeared.

Did NOT Get Tested

Recommend self-quarantine at home for 10 days. See WDMCS illness guidelines.



Health care provider confirmed diagnosis that is NOT COVID-19

Follow specific guidance from a health care provider. See WDMCS illness guidelines.

QUARANTINE AND ISOLATION

Quarantine if you were exposed

- Stay home and monitor symptoms.
- If you can, stay away from other people at home.
- If possible, wear a well-fitted mask when around others at home.

Isolate if you are sick or test positive

- Stay home and away from others, even if you don't have symptoms.
- Stay in a specific "sick room" and use a separate bathroom if available.
- Wear a well-fitting mask when you need to be around others.

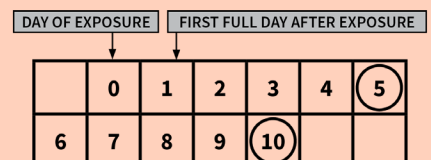
HOW LONG TO QUARANTINE OR ISOLATE

Quarantine — at least 5 days

- Day 0: day of exposure
- Day 1: first full day AFTER exposure
- Day 5: fifth full day AFTER exposure

Isolation — at least 10 days

- Day 0: first day of symptoms or day of positive test result
- Day 1: first full day AFTER symptoms start/positive test result
- Day 10: 10th full day AFTER symptoms start/positive test result





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NOT UP-TO-DATE WITH VACCINATIONS

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WDMCS encourages staff and students to obtain all recommended COVID-19 vaccinations when available. We base **recommended** quarantine dates on whether individuals are UP-TO-DATE or NOT UP-TO-DATE with vaccinations.

If you are NOT UP-TO-DATE with VACCINATIONS:



NO Symptoms

Return to school when you have no symptoms for 10 days after testing.

Symptoms

Return to school 10 days after illness starts AND 24+ hours have passed since fever without fever-reducing medications AND all other symptoms have improved.



Confirmed Case

Recommend quarantine for at least 5 days. Test at least 5 days after exposure. Can leave quarantine days 6-10 if able to wear a well-fitted mask at all times. (Exposure example: household contact)

Tested Negative

Return to normal activities 24 hours after a fever and other symptoms have resolved.

Tested, Waiting Results

CDC recommends self-quarantine at home. Return after 24+ hours have passed since last fever without fever-reducing medications AND all symptoms have improved AND 10 days since symptoms appeared.

Did NOT Get Tested

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