

Exclusion From and Return to School Requirements

Staff and Students should notify the school if an absence is due to COVID-19

STAYING HOME WHEN SICK

People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Testing is *recommended* for people with [symptoms of COVID-19](#) as soon as possible after symptoms begin. Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people.

I HAVE TESTED POSITIVE FOR COVID – WHAT SHOULD I DO?

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- Day 0 is the day you started symptoms or the day you tested positive if you had no symptoms.
- Isolation can end after 5 days if symptoms are resolving/gone, but it is **recommended** that you wear a well-fitting mask for days 6-10 when around other people.
- If after 5 days you still have contagious symptoms like a fever, persistent cough, you must continue to isolate until symptoms resolve.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

I HAVE BEEN IN CLOSE CONTACT WITH SOMEONE WHO HAS COVID

Individuals who are exposed to COVID-19 are *recommended* to wear a high-quality mask for 10 days and get tested on day 6 after exposure.

- Quarantine for individuals who are exposed is no longer recommended.

The following link provides guidance on steps that you should take, regardless of your vaccination status or if you have had a previous infection.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

Please adhere to the guidelines for testing and quarantining as referenced in the following link and notify your child's school with *any travel plans outside the state*.

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>