



## NORTH FOND DU LAC SCHOOL DISTRICT School Health Programs

Early Learning: 920-929-3762/fax 920-322-9117  
Friendship Learning 920-929-3757/fax 920-929-7020  
Bessie Allen: 920-929-3754/fax 920-929-3747  
Horace Mann: 920-929-3740/fax 920-929-3664

### **UPDATE 1/2/2022 - In Yellow**

**If you are a family close contact in order to come back after 5 days, you must have no symptoms and have a negative PCR test (Testing is available at Friendship Learning Center - [CLICK HERE FOR MORE INFO - ENGLISH - HERE for SPANISH VERSION](#))**

### **COVID Guidance for Staff and Students**

*The following is the latest recommendation from the CDC and DHS released on December 27th, 2021 and further discussions with local health officials.*

[CLICK HERE FOR CDC Guidance Released on 12.29.2021](#)

#### **Isolate (person who tested positive)**

- If you test positive - isolate at home for 10 days from when symptoms start. The first day of symptoms is Day 0, you would be released on day 11 - with symptoms improving.
- If you have a fever when you are released, please continue to stay home until you are fever free for 24 hours.

#### **Quarantine (household members not having symptoms)**

- Vaccinated (with no booster and past 6 months since last dose for Pfizer and Moderna or 2 months for J&J) and unvaccinated both apply to the household quarantine.
- If the positive person can isolate and not share any living areas, (ie: bathroom, bedroom) then the other household members may begin their quarantine immediately.
  - Quarantine is 5 days, test on day 5 and return with a negative result, masking for the remainder of the 10 day total as long as they have NO symptoms.
  - If you choose not to test, they will need to quarantine for the entire 10 days, returning on day 11.
- If the positive person cannot isolate away from others as described above, the other members at home will need to begin quarantine the day the positive case is released from their 10 day isolation.
- If family members who do not have symptoms have received their covid vaccine within 6 months with Pfizer/Moderna, or 2 months of J & J, OR have had their booster, they do not need to be quarantined. They will need to wear a mask for 10 days. Day 1 starts when a person at home develops symptoms.
- If symptoms develop, please stay home and get tested

#### **Close Contact with Someone who Tested Positive (not household contacts)**

Students or staff are a close contact - no quarantine needed unless they develop symptoms.

- If a symptom develops anytime within the 14 days from last contact, (only 1 symptom is needed), immediately quarantine and get a test.
  - If test is **positive** = follow guidance above
  - If the test result is **negative** = you may return with the negative results as long as symptoms are improving and no new symptoms develop. If new symptoms develop OR symptoms are getting worse, stay home and retest prior to return..
- If close contact has no symptoms but chooses to get tested on day 5, they may do so and not need to quarantine while waiting for test results (this is the current recommendation by CDC and DHS)

## **COVID Testing Options**

- COVID testing continues to be available at Friendship Learning Center, Community Room. Hours are 8am-3:45pm, Monday - Friday when school is in session. If school is closed for any reason, the COVID testing site will also be closed.
- Other local COVID test options are available on the Fond du Lac County Health Department's "[Community testing sites](#)".
- Rapid tests will not be accepted unless they are done in a clinic setting. We will not accept negative rapid tests if you have symptoms and the test is from home. If you take a rapid test at home and it is positive, we will accept that result.

**Please remember to check your symptoms with the chart below. Whether you are vaccinated or not, you need to stay home if you have these symptoms.**

<p>At least <b>two</b> of the following symptoms=<b>stay home</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/>Fever over 100°F</li><li><input type="checkbox"/>Chills</li><li><input type="checkbox"/>Muscle aches</li><li><input type="checkbox"/>Headache</li><li><input type="checkbox"/>Sore Throat</li><li><input type="checkbox"/>Nausea or Vomiting</li><li><input type="checkbox"/>Diarrhea</li><li><input type="checkbox"/>Unusual Fatigue</li><li><input type="checkbox"/>Congestion or runny nose</li></ul>	<p>or</p>	<p>At least one of the following symptoms=<b>stay home</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/>Cough</li><li><input type="checkbox"/>Shortness of breath</li><li><input type="checkbox"/>Difficulty breathing</li><li><input type="checkbox"/>Loss of taste</li><li><input type="checkbox"/>Loss of smell</li></ul>
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