



Updated Quarantine and Isolation Guidelines

January 25th, 2022

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.

At least two of the following symptoms= stay home <input type="checkbox"/> Fever over 100°F <input type="checkbox"/> Chills <input type="checkbox"/> Muscle aches <input type="checkbox"/> Headache <input type="checkbox"/> Sore Throat <input type="checkbox"/> Nausea or Vomiting <input type="checkbox"/> Diarrhea <input type="checkbox"/> Unusual Fatigue <input type="checkbox"/> Congestion or runny nose	<h3 style="margin: 0;">OR</h3>	At least one of the following symptoms= stay home <input type="checkbox"/> Cough <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Loss of taste <input type="checkbox"/> Loss of smell
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Contact Tracing - School Exposure	The district will no longer contact trace. There is no mandatory quarantine for any non-family member close contacts without symptoms. <i>Please remember if sick but not covid-symptoms, return will have to be after fever, vomit, and diarrhea free for 24 hours without the use of medication.</i>
Positive Case Isolation	Isolate positive cases for 5 days from the start of symptoms. <i>Can return to school on day 6 if fever free and symptoms manageable, but must wear a mask through day 10. If a student cannot mask from 6-10, they need to continue their isolation. **Day of onset is day 0. In the situation of a positive result in an asymptomatic person, the day the COVID test was conducted will serve as day 0.</i>
Symptomatic Person-choosing not to get a COVID-19 test	<i>If symptomatic, the individual can isolate for 5 days and return on day 6 if fever free and symptoms manageable, but must wear a mask through day 10.</i> <i>**Day of onset is day 0. In the situation of a positive result in an asymptomatic person, the day the COVID test was conducted will serve as day 0.</i>
Close Contact to a positive person AT HOME, having NO symptoms	If asymptomatic, but someone at home has tested positive, they can test with a rapid or PCR test, return to school with a negative result. If you choose not to test, isolate for 5 days and return on day 6 but must wear a mask through day 10. <p style="text-align: center;"><i>If symptoms begin (even if tested negative originally), please see above for symptomatic person.</i></p>

COVID-19 Testing at Friendship Learning Center

Test type: PCR testing. Results within 24 – 48 hours

Location: Front entrance of Friendship Learning Center, Community Room (door 21)

Hours: Open when school is in session - Monday-Thursday 8am-3:45pm, Friday 8am-1:30pm