

COVID-19 Illness and Quarantine Guidelines

In all cases please notify Health Services immediately at Victoria-Flores@scusd.edu; Lisa-Musser@scusd.edu; Paula-Kuhlman@scusd.edu

PERSON A	PERSON B	PERSON C	PERSON D
 <p>Any person who has tested positive for COVID-19 or told by a healthcare provider that they have COVID-19.</p> <p>With symptoms: Isolation until the following requirements have been met:</p> <ul style="list-style-type: none"> ✓ 10 days since symptoms first appeared and ✓ 24 hours (1 day) with no fever (without the use of fever-reducing medicine) and ✓ <u>Symptoms</u> have improved <p>Without symptoms (Asymptomatic):</p> <ul style="list-style-type: none"> ✓ Isolate for 10 days from test date 	 <p>Any person who lives in the same household with Person A</p> <p>NO symptoms:</p> <ul style="list-style-type: none"> ✓ Quarantine immediately ✓ Quarantine while Person A is ill and isolated ✓ Quarantine an additional 14 days after Person A has recovered and been released ✓ Quarantine can last up to 20 days or longer 	 <p>Any person with close contact to Person A (<6 feet, >15 min in 24 hrs)</p> <p>Quarantine for 14 days following date of last exposure</p> <ul style="list-style-type: none"> ✓ Test for Covid-19 on day 5-7 ✓ Can return if test negative ✓ Monitor self for symptoms, take temperature twice a day ✓ Notify Primary Care Provider if symptoms develop ✓ Notify Health Services if symptoms develop or test results are positive 	 <p>Any person who has had exposure to Person B or C</p> <p>NO QUARANTINE OR ACTION REQUIRED unless: Person B develops symptoms OR tests positive and Person D had contact with within 14 days then:</p> <ul style="list-style-type: none"> ✓ contact Primary Care Provider to see about testing ✓ Contact Health Services with questions regarding timing and exposure and determine if need to quarantine
 <h3>Recovered and Released</h3>			
<p>Definitions:</p> <p>Isolation separates infected people with a contagious disease from people who are not sick.</p> <p>Quarantine separates and restricts the movement of people who were exposed to a contagious disease in case they become infected.</p> <p>Close Contact defined as anyone who was within 6 feet of an infected person for at least 15 minutes while they are infectious (starting from 48 hours before the person began feeling sick and 10 days after)</p>			

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