DEFINITION OF TERMS

COVID-19-LIKE SYMPTOMS

Our isolation and quarantine Protocol references COVID-19-like symptoms, which are defined as:

- New onset cough or shortness of breath

OR At least two of the following:

- fever of 100 or higher
- chills, shivering
- muscle pain
- sore throat
- headache
- loss of sense of taste or smell
- gastrointestinal symptoms (nausea, vomiting, or diarrhea)

Source: New York State Department of Health

ISOLATION

Separating someone who has symptoms consistent with COVID-19 and who is pending testing or is test positive

Criteria:
DOES have COVID-19 symptoms and/or DOES have a positive test

Timeframe:
Until criteria for clearance are met; may be more or less than 14 days depending on course of illness and testing results

Primary Action Steps:
Consult with doctor for the best advice on how to care for symptoms

Mindset:
"I am contagious, take care of myself and avoid spreading this to others."

QUARANTINE

Separating someone who has been EXPOSED or suspected to be EXPOSED to a sick individual

Criteria:
DOES NOT have COVID-19 symptoms and DOES NOT have a positive test

Timeframe:
14 days

Primary Action Steps:
Screen temperature and symptoms twice daily

Mindset:
"I may become contagious, so I will conduct myself as if I am contagious until I know for sure otherwise."

RISK MITIGATION PRACTICES

Applicable to anyone in Isolation or Quarantine:

- Lay low, avoid going out
- Avoid close contact with others, especially those who are high risk
- Use separate bathrooms and beds when possible
- Wear a mask when not alone
- Practice careful hand Hygiene
- Keep a distance of 6 feet from others
- Avoid common touch Surfaces
- Avoid shared objects
- Avoid crowds
- Enhance cleaning and disinfecting in personal spaces

Quarantine & Isolation Protocols

A person exhibits symptom(s) that do not meet the definition of COVID-19-like illness

Separate person and allow return when symptoms have improved and criteria in the Illness section of the Parent Handbook (page 7) has been met. If person develops symptoms of COVID-19-like illness, follow process below for person with COVID-19-like illness.

An asymptomatic person tests positive for COVID-19.

The asymptomatic person should stay home for 10 days from positive test.

Contact tracers at school will identify those who had close contact with the infected person and require a 14 day quarantine from date of last exposure, even if they exhibit no symptoms or they test negative for COVID-19 during quarantine. As per Department of Education guidelines, a cohort with an infected student will need to quarantine for 14 days.

A person exhibits COVID-19-like symptoms:

- Isolate person.
- The person must contact their health care provider about testing for COVID-19 or whether there is another specific diagnosis.
- The person should remain isolated pending test results or evaluation by their health care provider.
- Close contacts should quarantine pending the person's diagnosis or test

Person has positive test for COVID-19.

The person should stay home at least 10 days since symptoms first appeared AND until they experience no fever for at least 24 hours without medication AND improvement of other symptoms.

Close contacts do not need to stay home as long as they remain asymptomatic, but should continue to monitor symptoms.

Person does not receive a laboratory test or another specific alternative diagnosis by their health care provider.

Person has negative test for COVID-19.

The person should stay home until symptoms have improved and criteria in the Illness section of the Parent Handbook (page 7) have been met as applicable. The person should be tested/retested for COVID-19 if symptoms do not improve

Health care provider documents that the person has another specific diagnosis (ex: influenza, strep throat, etc.) or health care provider documents that symptoms are related to a pre-existing condition.

All guidelines referenced above are subject to change based on evolving CDC and New York State Department of Health guidance