

COVID-19 Exposure Reference and Guidelines For Southgate Academy Staff, Students, and Families



What is COVID-19? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China

Vocabulary

Close contact: A person who may be at risk of a contagious disease because of their proximity or exposure to a known case. Exact definition of close contact differs by disease; for COVID-19, the CDC defines a close contact as anyone who has been within 6 feet of a person infected with the virus for at least 15 minutes or has had direct contact with the infected person's secretions. (Source: CDC)

Fever: A measured temperature of 100.4°F [38 °C] or greater per CDC standard.

High Touch Surfaces: Countertops, tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks, and faucets. **

Home isolation: Persons with COVID-19 who have symptoms or laboratory-confirmed COVID-19 who have been directed to stay at home until they are recovered. (Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>)

Quarantine: Separates and restricts the movement of people who have had close contact with someone with a contagious disease to see if they become sick.

Physical (Social) distancing: Measures taken to reduce person-to-person contact in a given community, with a goal to slow down the spread of a contagious disease. Measures can include staying 6ft, approximately 2 arms length, apart, not gathering in crowds when on breaks, utilizing face coverings and barriers when indicated.

Symptoms

These symptoms may appear **2-14 days after exposure** (based on the incubation period)

- Fever or chills
- New or unexplained cough, sore throat, shortness of breath, or runny nose
- New or unexplained muscle aches, headache, fatigue, nausea/vomiting or diarrhea
- New or unexplained change in your sense of taste or smell

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake or stay awake
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

A person who has a severe/critical illness or is severely immunocompromised should:

If symptomatic, stay home away from others or under isolation precautions until:

At least 20 days have passed since symptoms first appeared AND At least 24 hours have passed since last fever without the use of fever reducing medication AND Other symptoms have improved.

If asymptomatic, stay home away from others or under isolation precautions until:

At least 20 days have passed since specimen collection of the first positive COVID-19 PCR/antigen testing while asymptomatic. If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.

Outside of these criteria here, extension of isolation is not routinely recommended if an individual is retested within 3 months of onset of symptoms or date of first positive test while asymptomatic.

| If you HAVE, TESTED POSITIVE FOR, ARE BEING EVALUATED FOR, OR HAVE SYMPTOMS CONSISTENT WITH COVID-19, you SHOULD: | If you LIVE with someone who has COVID-19, you should: | If you HAVE HAD CLOSE CONTACT* with someone who has tested positive for COVID-19, you should | If you have had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms), you should: |
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| <p><u>HOME ISOLATE</u> Stay at home until:</p> <ul style="list-style-type: none"> ✓ 10 days have passed since symptoms first began AND ✓ Your symptoms have improved AND ✓ You remain fever free for 24 hours without fever reducing medication <ul style="list-style-type: none"> • If you have tested positive for COVID -19 but had no symptoms, you can stop home isolation when 10 days have passed since the day you were tested. • If you have tested negative but continue to have symptoms of COVID-19, with no other diagnosis, you will need to complete 10 days in home isolation. | <p><u>HOME QUARANTINE</u> Stay at home until:</p> <ul style="list-style-type: none"> • 14 days have passed from the date the person you live with began home isolation. You must be able to achieve physical distancing from the COVID-19 positive person in the household and not share eating/drinking utensils, bathroom and living space, etc. • If you continue close contact with the COVID-19 positive household member then the 14 days of quarantine will re-start when they have completed their 10 days of home isolation and remains fever free, with improving symptoms. <p>Note: This may be a child or loved one that, out of necessity, you must continue to assist with their activities of daily living.</p> | <p><u>HOME QUARANTINE</u> Stay at home until:</p> <ul style="list-style-type: none"> • 14 days have passed from the date you last had close contact with the person. <p>*CLOSE CONTACT</p> <ul style="list-style-type: none"> • You were within 6 ft of someone who has tested positive for COVID-19 for at least 15 minutes. • You had direct physical contact with a COVID-19 positive person (touched, hugged, or kissed them). • You were sneezed, coughed upon, or somehow go respiratory droplets on you by someone who has tested positive for COVID -19. | <p>Continue normal work/daily activities while following general recommendations of:</p> <ul style="list-style-type: none"> • Physical distancing. Stay 6 ft apart. • Frequent handwashing/don't touch face • Cover your cough/sneezes • Wear cloth face covering Regularly clean and disinfect high-touch |