

## COVID-19 Isolation Guide - Updated August 26, 2022; Revised January 26, 2023

### For schools, childcare and youth programming

What to do if you are experiencing symptoms of COVID-19\* or have tested positive for COVID-19 (regardless of vaccination status or symptoms)

**\*There is a wide array of COVID-19 symptoms not limited to the following list: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Symptoms can appear 2-14 days after exposure to the virus.**

**If your child has Covid-19 symptoms** regardless of vaccination status:

- Stay home
- COVID-19 testing is strongly encouraged. Please contact the school office for COVID19 test kits [tiger@transfigurationmn.org](mailto:tiger@transfigurationmn.org)
- If you are not tested, follow instructions below as if you were positive

**If COVID-19 testing was done and the result is POSITIVE:**

- Stay home for a minimum of five full days from the date symptoms started or the date you took the test if you don't have symptoms.
  - Stay away from others, including household members, as much as possible. Wear a well-fitting mask.

After five days of isolation at home, students may return to school under the following conditions:

- No significant symptoms after five days and fever free for 24 hours (without using fever-reducing medication)
- Students must wear a well-fitting, high-quality mask at school and all school sponsored activities for 10 days after isolation began. Students are asked to bring their own upon returning to school however, Transfiguration has a supply of several varieties and fittings of KF94/K95, N95 and surgical masks.
- Students who are unable to wear a well-fitting mask should stay home for at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.

**If COVID-19 testing was done and the result is NEGATIVE:**

- Stay home until your symptoms improve and you are fever-free for 24 hours (without the use of fever-reducing medication) before returning.

## COVID-19 Close contact exposure Guide Updated August 26, 2022; Revised January 26, 2023

### What to do if you had close contact with a person with COVID-19

Note: If you develop symptoms or test positive for COVID-19 at any time during the 10-day quarantine period, regardless of vaccination status, stay home and follow the Isolation Guide above

**You do NOT need to quarantine** Here are the steps that you should take regardless of your vaccination status or if you have had a previous infection:

- Start Precautions Immediately
- Wear a mask as soon as you find out you were exposed. Start counting from Day 1
  - Day 0 is the day of your last exposure to someone with COVID19
  - Day 1 is the first fully day after your last exposure
- Continue precautions for 10 full days

#### **Get tested on DAY 6**

- Get tested at least 5 full days after your last exposure even if you do not develop symptoms.
  - If you test NEGATIVE: continue taking precautions, wear a mask through Day 10
  - If you test POSITIVE: Isolate immediately and follow the isolation guide above

You can still develop COVID-19 up to 10 days after you have been exposed.

- Students must wear a well-fitting, high-quality mask at school and all school sponsored activities for 10 days after precautions began. Students are asked to bring their own upon returning to school however, Transfiguration has a supply of several varieties and fittings of KF94/K95, N95 and surgical masks. Please note - if a student is unable to keep their mask on, they will need to remain home for a total of 10 days.

Students who are unable to wear a well-fitting mask should stay home for at least 10 full days after their last exposure to a person with COVID-19.

Resources – Update August 26, 2022; Revised 01/26/2023

MDH Guidelines – [What to do if you are experiencing symptoms of COVID-19](#)

MDH/CDC Close Contact/Exposure Guidelines – [What to do if you had close contact with someone with COVID-19](#)