

## SCHOOL AND SCHOOL ACTIVITIES COVID / ILLNESS PROTOCOLS

The Moscow School District COVID Protocols were developed for the recent pandemic. However, we encourage families to follow these recent changes for all illnesses that are contagious in nature. It is in the best interest for all to vaccinate and stay home when sick allowing school and school activities to remain open.

**Current symptom list:** *(Note: One low-risk symptom requires 24hrs isolation and return if resolved. Multiple low-risk symptoms or one high-risk symptom requires 5 days of isolation or a negative test and symptoms resolving and fever-free 24hrs. When in doubt contact the school for further advice.)*

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| ○ Fever or Chills (High Risk)                             | ○ Headache (Low Risk)                    |
| ○ Cough (Low Risk)  | ○ New loss of taste or smell (High Risk) |
| ○ Shortness of breath or difficulty breathing (High Risk) | ○ Sore throat (Low Risk)                 |
| ○ Fatigue (Low Risk)                                      | ○ Congestion or runny nose (Low Risk)    |
| ○ Muscle or body aches (Low Risk)                         | ○ Diarrhea (Low Risk)                    |

### When to isolate:

Regardless of vaccination status, **you should isolate from others when you have COVID-19.** You should **also isolate if you are sick and suspect that you have COVID-19** but do not yet have test results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation when fever free for 24 hours and symptoms are improving.

- **IF YOU HAVE NO SYMPTOMS:**
  - **Day 0 is the day you were tested** (not the day you received your positive test result.)
  - **Day 1 is the first full day** following the day you were tested.
  - If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptoms onset.**

▪ **IF YOU HAD SYMPTOMS:**

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive.
- **Day 1 is the first full day** after the day your symptoms started.

▪ **CDC RECOMMENDATIONS:**

**If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask, including travel and public transportation settings.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, or utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing) seek emergency medical care immediately.
- Learn more about what to do if you have COVID-19.

▪ **IF YOU HAD NO SYMPTOMS:**

- You may end isolation after day 5.

▪ **IF YOU HAD SYMPTOMS:**

- You may end isolation after day 5 if:
  - You are fever-free for 24 hours (without use of fever-reducing medication)
  - Your symptoms are improving.
- If you still have fever or your other symptoms have not improved, continue to isolate until they improve.
- If you have moderate illness (if you experienced shortness of breath or had difficulty breathing) or severe illness (you were hospitalized) due to COVID-19, or you have a weakened immune system, you need to isolate through day 10.

- **Management of Cases and Exposures**
  - Students or staff who come to school or school event with symptoms or develop symptoms while at school or school event will be asked to wear a well-fitting mask or respirator while in the building and be sent home and encouraged to get tested. Symptomatic people who cannot wear a mask will be separated to the best of the school staff's ability from others as much as possible; children should be supervised by a designated caregiver who is wearing a well-fitting mask or respirator until they leave school grounds.
  - Once isolation has ended, it will be recommended to wear a well-fitting mask or respirator around others through day 10. Testing is not required to determine the end of isolation or mask use following COVID-19 infection; however, people can show a test negative result to potentially shorten the duration of post-isolation mask use.
  - Quarantine is no longer recommended for people who are exposed to COVID-19 except in certain high-risk congregate settings such as correctional facilities, homeless shelters, and nursing homes. Quarantine is a key component to Test-to-Stay programs. Since quarantine is no longer recommended for people who are exposed to COVID-19 except in certain high-risk congregate settings, Test-to-Stay (TTS) is no longer needed.
  - Parents, it is important that while your student is isolating due to either having signs of an illness, including COVID, or have tested positive for an illness that the schools are notified and homework is requested. Many times, students can complete much of their schoolwork during the isolation period when they have mild or no symptoms but may still be contagious. This will allow easier reentry when isolation is no longer required.