

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: Multiple low-risk symptoms or one high-risk symptom requires symptoms to resolve and be fever-free for 24hrs. If in doubt, contact the school for further advice. A student with a low-risk symptom who remains fever-free without medication, may attend school. Prolonged isolation is only required for a positive Covid, see below)*

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| <ul style="list-style-type: none"> ○ Fever or Chills (High Risk) ○ Cough (Low Risk) ○ Shortness of breath or difficulty breathing (High Risk) ○ Fatigue (Low Risk) ○ Muscle or body aches (Low Risk) | <p>And</p> <ul style="list-style-type: none"> ○ Headache (Low Risk) ○ New loss of taste or smell (High Risk) ○ Sore throat (Low Risk) ○ Congestion or runny nose (Low Risk) ○ Diarrhea (Low Risk) |
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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**

- 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.
- 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. This will allow easier reentry when isolation is no longer required.