

# COVID-19 QUICK REFERENCE GUIDE FOR SELA Elementary Students

## 1. MASK POLICY

Masks will be required under the following conditions:

1. Student is recovering from a COVID-19 infection *\*see COVID-19 positive for details how long mask use is required.*

*Mask use is strongly encouraged for any student who has been exposed to COVID-19, regardless of vaccination status and symptoms.*

*\*Masks may be removed when eating and when outside.*

## 2. COVID-19 SYMPTOMS

### COVID-19 Symptoms List:

People with COVID can have a wide range of symptoms based upon their vaccination status, prior infections, and the variant of COVID. Listed below are the most common symptoms seen with COVID. It is important to know your child and their own body and if they appear sick, to test, especially if they are experiencing one of the symptoms in red and/or a combination of symptoms.

#### Common Symptoms

- Fever or chills (100.4 degrees F or higher)
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Muscle or Body aches
- Fatigue
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### 3. COVID-19 EXPOSURE

If your child is exposed to COVID-19 and they have **no symptoms**:

1. Attend school as normal
2. Monitor them for symptoms
3. It is recommended to wear a mask when inside and around others for 10 days
4. Test if symptoms develop

If your child is exposed to COVID-19 and they **HAVE or DEVELOP any symptoms**:

1. Isolate them from others
2. Test your child for COVID-19 (antigen test is acceptable)
3. If the test is positive, see below "COVID-19 Positive"
4. If the test is negative, return to school and continuing to wear a mask for 10 days is recommended.
5. If symptoms persist, repeat the COVID-19 test in 48-hours.

### 4. COVID-POSITIVE

If your child tests POSITIVE for COVID-19, you must do the following:

1. Inform the nurse and your director.
2. Isolate them at home and away from others for 5 days, with the day of the test and/or the START of symptoms as day 0.
3. Exit isolation and return to school on day 6 if:
  1. Child is symptom free or symptoms have greatly improved
  2. Child has been fever free for 24 hours without the use of fever reducing medication.
4. Students returning to school on day 6 after a COVID infection must wear a mask for 5 additional days when around others (through day 10, removing the mask on day 11)

Those wanting to remove their child's their mask before day 11 MUST:

1. Have ZERO symptoms remaining
2. Have a negative antigen test, taken on or after day 5 (results sent to the nurse for confirmation)

#### EXAMPLE Isolation Plan

Day 0 – Test positive, begin isolation and stay home and away from others

Day 1 – Stay home, isolate away from others

Day 2 - Stay home, isolate away from others

Day 3 - Stay home, isolate away from others

Day 4 - Stay home, isolate away from others

Day 5 - Stay home, isolate away from others

Day 6 – Exit isolation and **return to school** (if symptoms gone and fever free 24-h) WEAR A MASK

Day 7 – WEAR A MASK when around others

Day 8 - WEAR A MASK when around others

Day 9 - WEAR A MASK when around others

Day 10 - WEAR A MASK when around others

Day 11 – Remove Mask.

## 5. TESTING YOUR CHILD FOR COVID-19

SELA does not offer antigen testing or tests to be given out at the school. Individuals wanting or needing to test for COVID-19 are responsible for obtaining their own test. Antigen test can be purchased fairly inexpensively at most drug stores, convenience stores and even many grocery stores and department stores (Target, Walmart, Stop & Shop).

In addition to the above, US households can order 4 free COVID tests by ordering through this link:

<https://www.covid.gov/tests>

These tests will begin shipping out in early October to those who order.

If you are sending your test results to the school nurse (required for individuals wanting to remove mask prior to day 11) please write your child's full name on the test and the date and email to your school nurse.

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