

COVID-19 Symptom Guidance for Students and Staff

**COVID-19 Symptoms
No Test Results
(A)**

Student/Staff not tested OR does not have a definitive alternate diagnosis from a physician



Isolate for 10 days

Symptoms of COVID-19

- *Fever greater than 100.4
- *Chills
- *New or worsening cough
- *Shortness of breath
- *Difficulty breathing
- *Fatigue
- *Muscle or body aches
- *Headache
- *New loss of taste or smell
- *Sore throat
- *Congestion or runny nose
- *Nausea or vomiting
- *Diarrhea

**COVID-19 Negative Test Results
(B)**

Student/Staff receive negative test OR they receive a definitive alternate diagnosis from a physician and have been symptom/fever free for 24 hours without taking fever reducing meds



They may return to school or work (with proof of negative test results or doctors note)

**COVID-19 Positive Test Results with No Symptoms
(C)**

Student/Staff should remain isolated until **10 DAYS AFTER** the TEST date.



They may return to school or work UNLESS they develop ANY SYMPTOMS at any point. Then they will follow the guidance to the right for positive test with symptoms (D)



**COVID-19 Positive Test Results with Symptoms
(D)**

Student/Staff should remain isolated until recovered. The non-test method of ending isolation requires a case to meet the 3 following criteria:

1. Fever free for 24 hours without fever reducing meds
2. Respiratory symptoms are improving
3. At least 10 days since symptoms have started.



They may return to school or work

Student/Staff Contact with Positive COVID-19 Case (E)

COVID-19 Positive Household Member - Self quarantine for 14 days AFTER household member is RECOVERED - see recovery criteria to left (D). If household member does not have symptoms, follow guidance for positive test with no symptoms (C).

Close contact to COVID-19 positive non-household member (close contact is 6 ft for 15 mins or longer regardless of mask use). Self-quarantine per attached CDC Guidelines.

Guidance for the New CDC COVID-19 Quarantine Options:

If you are exposed to a COVID-19 positive person:

- If you are [exposed](#) to a COVID-19 positive person you should go into quarantine
- Your time in quarantine will keep you from spreading the virus to others, if you are infected and have no symptoms
- When in quarantine, you should wear your mask indoors and outdoors
- Do not mix with other people outside of your household - the people you live with, unless absolutely necessary

Three different ways you can quarantine as long as you have NO symptoms:

1. Quarantine for 14 days; especially if you are going to be around people that are [high-risk](#) for the virus: elderly, people with co-morbidities, immunocompromised (*Recommended*)
2. Quarantine for 10 days if you **have NO** [symptoms](#)
3. Quarantine for 7 days if you have a negative COVID-19 test on or after Day 5 and **have NO** [symptoms](#)

Take steps to protect yourself and others:

- Stay away from people you live with – use a separate room and bathroom, if possible
- Do not go to work, school, or other places outside your home
- Do not allow others into your home
- Ask friends or family to bring groceries, medicines, or supplies
- If you need support or help call your healthcare provider, local health department, or **1-844-KYTRACE**