

RSU 83 / MSAD #13 COVID-19 Guidelines



YOU NEED TO STAY HOME OR WILL BE SENT HOME IF YOU HAVE:

ONE OF THE FOLLOWING
MAJOR SYMPTOMS:

- COUGH
- SHORTNESS OF BREATH
- DIFFICULTY BREATHING
- FEVER OF 100.4* OR HIGHER
- CHILLS
- SORE THROAT
- NEW LOSS OF TASTE OR SMELL

OR

TWO OF THE FOLLOWING
MINOR SYMPTOMS:

- MUSCLE PAIN OR BODY ACHES
- NAUSEA OR *VOMITING
- *DIARRHEA
- HEADACHES
- CONGESTION/RUNNY NOSE

OR

BEEN WITHIN 6 FEET
OF SOMEONE
DIAGNOSED WITH
COVID-19 FOR 15 MINUTES OR
MORE

*PLEASE NOTE:

ALTHOUGH VOMITING AND DIARRHEA ARE NOT LISTED AS MAJOR COVID-19 SYMPTOMS, STUDENTS ARE ASKED TO STAY HOME AND WILL BE SENT HOME FOR EITHER OF THESE TWO SYMPTOMS.

WHEN CAN I RETURN TO SCHOOL?

NO COVID-19 TEST

MAY RETURN AFTER 10 DAYS
OR
WITH A DOCTOR'S NOTE
INDICATING AN ALTERNATIVE
DIAGNOSIS

ALSO MUST BE AT LEAST 24 HOURS
WITH NO FEVER
WITHOUT TAKING MEDICINE
AND
SYMPTOMS HAVE IMPROVED

NEGATIVE COVID-19

AT LEAST 24 HOURS
WITH NO FEVER
WITHOUT TAKING
MEDICINE
AND
SYMPTOMS HAVE
IMPROVED

POSITIVE COVID-19 TEST

MAY RETURN AFTER
10 DAYS
AND
AT LEAST 24 HOURS WITH
NO FEVER WITHOUT TAKING
MEDICINE
AND
SYMPTOMS HAVE
IMPROVED
AND
CDC APPROVAL

EXPOSURE TO COVID-19

MAY RETURN AFTER
10 DAYS AFTER LAST
EXPOSURE
AND
NO SYMPTOMS
AND
CONTINUE TO MONITOR
FOR SYMPTOMS FOR 4
MORE DAYS.