

Tested positive? Report using the QR code below:



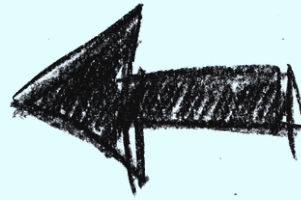
Symptomatic and School

Should the student or staff member go to school?

Spring illnesses and allergies along with COVID are in full swing right now. It is important to take any symptoms students or staff may be experiencing seriously, and not let them come to the school right away. Even though we are getting back to a more "normal" life, we still must remain vigilant when it comes to COVID and other illnesses. Below is a guide on what to do if someone is experiencing COVID-like symptoms:

If an individual has one or more of the following symptoms:

- Fever (100.4F or above) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (New, changed or worsening)
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Sore throat



If these symptoms are present, the individual is asked to **stay home and test for COVID-19.**

Testing is not just for one person's sake, but also for the sake of others around them.

Free tests are readily available at your child's school, Pacific County Health Department, and county libraries.

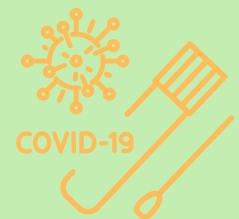
Students and staff can return back to childcare programs, activities, or school after:

If they tested positive:

- 5 days have passed since symptoms started AND
- No fever within the past 24 hours without medication AND
- Symptoms have significantly improved AND
- Wear a mask around others at ALL times from symptom onset until 10 days after (you must test NEGATIVE with an antigen test to return without a mask). If the staff member or student cannot wear a mask due to other health reasons, they need to remain isolating through day 10 since symptoms began

If they tested negative:

- No fever within the past 24 hours (without medication) AND
- Symptoms have significantly improved



If a staff member or student has been identified as a **close contact**, they may continue to go to the school. However, it is recommended that they get tested 3-5 days after the exposure, wear a mask for 10 days, and watch for symptoms during those 10 days. If they test positive after exposure, please follow the guidelines above.

Please report any positive cases to Pacific County Health Department using the QR code or link provided <https://hipaa.jotform.com/220324575452048>.