

## HOW TO ANSWER:

# WHAT DO I DO? (UNVACCINATED)

### STAY HOME & ISOLATE

*If this situation applies, it is imperative that you stay home, consult your primary care provider (PCP), **AND** isolate for at least 10 days from positive test. We also ask that you get tested\* for COVID-19 and share any results with the school office.\**

### **ONE** OF THESE SITUATIONS:

*-in the past 10 days, you have tested positive for COVID-19, or have been told you might have COVID-19.*

### STAY HOME & QUARANTINE UNTIL NEG. COVID TEST + 24 HRS AFTER SYMPTOMS IMPROVE\*

*If either of these situations apply, it is imperative that you stay home, consult your primary care provider (PCP), **AND** quarantine for at least 10 days from the start of symptoms, **OR** until receiving a negative COVID-19 PCR test result\* (including student name, date of test & testing location shared with school office prior to returning to campus) **AND** symptoms have been improving for at least 24 hrs.\**

### **ONE** OF THESE "MORE COMMON" SYMPTOMS:

*-new onset or worsening cough  
-shortness of breath or difficulty breathing  
-new loss of taste or smell  
-fever (temperature greater than 100.0 F)*

### **TWO** OF THESE "LESS COMMON" SYMPTOMS:

*-chills  
-excessive fatigue  
-muscle or body aches  
-severe headache  
-sore throat  
-new onset congestion or runny nose  
-nausea, vomiting or diarrhea*

### STAY HOME UNTIL 24 HRS AFTER SYMPTOMS IMPROVE

*If only one of these symptoms is present, stay home & consult your PCP. Students can return to campus once symptoms have been improving for at least 24 hrs.*

### **ONE** OF THESE "LESS COMMON" SYMPTOMS:

*-chills  
-excessive fatigue  
-muscle or body aches  
-severe headache  
-sore throat  
-new onset congestion or runny nose  
-nausea, vomiting or diarrhea*

### ABLE TO ATTEND SCHOOL

*If your child suffers from any of these chronic health conditions that could be confused with COVID-19 symptoms, please contact the school office in advance to avoid your student being sent home unnecessarily.*

### SYMPTOMS COMMON WITH:

*-seasonal allergies  
-migraines  
-gluten intolerance  
-asthma  
-IBS / Crohns disease*

### CLOSE CONTACT EXPOSURE

*If you have been exposed as a "close contact" to a confirmed case of COVID-19 please stay home and quarantine as described here. Please see reverse side for what defines a "close contact" as well as additional restrictions that apply when a "close contact" is within same household.*

### QUARANTINE AS FOLLOWS:

*-stay home & quarantine for at least 7 days from last known exposure (assuming no symptoms develop during this time)  
-quarantine may end after 7 days, if a negative COVID PCR test is conducted on or after day 5 of quarantine (and results are shared with school office) otherwise, quarantine ends on day 10 (assuming no symptoms develop during this time)*

## WHAT DOES IT ALL MEAN?

# RESOURCES & DEFINITIONS (UNVACCINATED)

### WHERE CAN I FIND A FREE COVID-19 TESTING SITE?

For information on where to access free & safe COVID-19 testing please visit <https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html> Please note, tests must be PCR, which detect viral RNA and NOT a rapid diagnostic test.

### WHAT IS THE DEFINITION OF A "CLOSE CONTACT"?

MDH defines a "close contact" as being within 6 feet of an active COVID-19 case for cumulative period of time greater than 15 mins over a 24-hour period, with or without a face mask, either indoors or outdoors. MDH further splits "close contact" into two categories, "social" (indicating a one-time exposure in passing, such as a sporting event or other public gathering) and "household" (indicating a frequent exposure to a person living in the same house).

Type of contact	# of days since last contact																								
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Social	X	Q	Q	Q	Q	T	T	R	R	R	O														
Household (able to isolate)	X	Q	Q	Q	Q	Q	Q	Q	Q	Q	T	T	T	R											
Household (unable to isolate)	X	X	X	X	X	X	X	X	X	X	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	T	T	T	T	R
Key:																									
X	date of exposure																								
Q	quarantine																								
T	earliest possible COVID-19 test (assumes asymptomatic)																								
R	earliest possible return (assumes negative result & no other exposure)																								
O	return date if no negative test result provided																								
Social	one-time close contact (example: school, sports, church, etc.)																								
Household	person lives with positive case																								

### WHAT DO I DO IF THERE IS A CONFIRMED COVID-19 CASE IN MY HOUSEHOLD?

All unvaccinated members of a household where there has been a confirmed case should remain home and are considered "close contacts". 10 days after positive test was conducted, and assuming no other members of the household have exhibited symptoms or tested positive, the "close contact" quarantine period can begin for all close contacts.

### WHAT IS MEANT BY "SYMPTOMS IMPROVE"?

As many common cold symptoms can linger through the winter months, it can be appropriate for students or staff to return to campus 24 hours after these symptoms have shown signs of improvement. Those symptoms include: congestion, runny nose and/or cough. All other symptoms must be completely resolved before returning to campus.

### WHAT IS MEANT BY "STAY HOME & QUARANTINE"?

Students or staff asked to stay home & quarantine should remain away from campus as well as any other public places, and avoid any interaction with others outside of their immediate family, to do their part to mitigate any potential spread of COVID-19.

### WHAT CONSTITUTES A "PRIMARY CARE PROVIDER" (PCP)?

A PCP includes a medical doctor (MD), doctor of osteopathy (DO), nurse practitioner (NP), or physician assistant (PA).

### WHERE CAN I FIND A VACCINATION SITE?

For information on where you can find a COVID-19 vaccine for all eligible persons visit <https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp>

## HOW TO ANSWER:

# WHAT DO I DO? (VACCINATED)

### STAY HOME & ISOLATE

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*If either of these situations apply, it is imperative that you stay home, consult your primary care provider (PCP), **AND** quarantine for at least 10 days **OR** until receiving a negative COVID-19 PCR test result\* (including student name, date of test & testing location shared with school office prior to returning to campus) & symptoms have been improving for at least 24 hrs.\**

### **ONE** OF THESE "MORE COMMON" SYMPTOMS:

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### CLOSE CONTACT EXPOSURE

*If you have been exposed as a "close contact" to a confirmed case of COVID-19, please proceed as described here. Please see reverse side for additional restrictions that apply when "close contact" is within same household.*

### MONITOR SYMPTOMS & GET TESTED:

*-Regardless of a Social or Household Close Contact, no quarantine is required for a fully vaccinated\* student, unless symptoms develop.  
-Vaccinated students are still asked to get a PCR test for COVID-19 between 3-5 days after initial exposure, and share those results with the school office to rule out any possible further spread.*

## WHAT DOES IT ALL MEAN?

# RESOURCES & DEFINITIONS (VACCINATED)

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**WHAT/WHO HAS INFORMED THIS DECISION MATRIX?**

*The School Building Reopening Committee (SBRC) made up of faculty, administrators, and parents, in consultation with various medical professionals and based heavily on guidance from the MDH and CDC.*

**WHAT DO I DO IF THERE IS A CONFIRMED COVID-19 CASE IN MY HOUSEHOLD?**

*All fully vaccinated members of the household (who have not tested positive, and are not expressing any symptoms common with COVID-19) are not required to quarantine. Fully vaccinated persons should take a PCR COVID-19 test 3-5 days after initial exposure and share those results with the school office." .*

**WHAT IS MEANT BY "SYMPTOMS IMPROVE"?**

*As many common cold symptoms can linger through the winter months, it can be appropriate for students or staff to return to campus 24 hours after these symptoms have shown signs of improvement. Those symptoms include: congestion, runny nose and/or cough. All other symptoms must be completely resolved before returning to campus.*

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**WHAT CONSTITUTES A "FULLY VACCINATED" PERSON?**

*A person is considered "fully vaccinated" two weeks after their receiving their second dose of the COVID-19 vaccine. We ask that families share dates of their COVID-19 vaccinations so that we can keep our records up to date.*

**WHERE CAN I FIND A VACCINATION SITE?**

*For information on where you can find a COVID-19 vaccine for all eligible persons visit <https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp>*