

# MIDDLE COUNTRY SCHOOLS COVID-19 GUIDELINES

(Updated 10/1/21)

## Notes

1. If a staff or student who has been cleared from their COVID-19 illness comes in close contact with an active case within 3 months of the contact's test date, the staff/student does not have to quarantine.
2. If a student or staff member has tested positive within the last 3 months they do not have to isolate should they test positive again within that 3 month period. Proof of past positive test may be required.
3. People who have been in close contact with someone who has COVID-19 are NOT required to quarantine if they have been fully vaccinated (2 weeks after final dose) against the disease within the last 12 months and are asymptomatic.

## You MUST go home if you have:

### 1 OF THE FOLLOWING:

Fever over 100.0  
New Cough  
Shortness of Breath  
Difficulty Breathing  
Loss of Taste or Smell

OR

### 2 OR MORE OF THE FOLLOWING:

Headache  
Body Aches  
Chills  
Sore Throat  
Nausea/ vomiting  
Diarrhea

OR

...If you are a close contact. A close contact is defined as someone who was within 6 feet of an infected person for a cumulative amount of time of 15 minutes or more over a 24 hour period within the past 48 hours, or if someone was hugged, coughed on or sneezed on by an infected person.  
Exception - Students who are within 3 to 6 feet of an infected student if both students were correctly wearing masks.

## When may I return to school?



If you had a **Positive COVID-19 test**,

you may return after 10 days from date of test or onset of symptoms **AND** if you have been fever free without taking medication for at least 72 hours **AND** symptoms are improving.

**You must have DOH CLEARANCE.**

If you did not take a **COVID-19 test**,

you may return after 10 days **AND** if you have been fever free without taking medication for at least 72 hours **AND** symptoms are improving. If you provide a doctor's note with an alternate diagnosis you may return as per doctor's recommendation.

If you had a **Negative COVID-19 test**,

you may return if you have been fever free without taking medication for at least 72 hours **AND** you have no symptoms. This only applies to having symptoms not exposure to a case.

You may return after 10 days from exposure and no symptoms. Monitoring for symptoms must continue for 4 more days.

**You must have DOH CLEARANCE.**