



KELSO SCHOOL DISTRICT

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In Case Of A COVID-19 Outbreak

The state Department of Health defines an outbreak as:

- At least 3 people within a specified group test positive for COVID-19 **OR**
- Multiple people, comprising at least 10% of a specified group (including students and staff), test positive for COVID-19 **AND**
- Cases have a symptom onset or positive test result within 14 days of each other

What To Do Now

Due to the number of cases in the specified group, it's possible others may have been exposed to COVID-19. The state Department of Health (DOH) no longer requires exposed people to quarantine. Regardless of vaccination status, people who are potentially exposed to COVID-19 should:

- Monitor for symptoms, **AND**
- Test* as soon as possible and then repeat testing every 24-48 hours through at least the first 5 days after exposure **AND**
- People who spend time indoors with individuals at risk of getting very sick from COVID-19 should wear a well-fitting mask for 10 days after exposure.
- Follow the [Symptom Decision Tree flowchart](#).

* Individuals who have been recently infected (within the past 90 days), should use an antigen (at-home) test, as PCR results may remain persistently positive even if there is not a new, active infection.

Exposed people may continue to take part in all in-person activities as long as they do not have symptoms or test positive. If symptoms develop, get tested and immediately [isolate at home](#).

COVID Symptoms:

- | | |
|---|--|
| <input type="checkbox"/> Fever ($>$ or $=$ 100.4) or chills | <input type="checkbox"/> Nausea, vomiting, or diarrhea |
| <input type="checkbox"/> Shortness of breath/difficulty breathing | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Muscle or body aches | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> New loss of taste or smell | <input type="checkbox"/> Congestion or runny nose |
| <input type="checkbox"/> Cough (new, changed, or worsening) | |

If someone tests positive for COVID-19 in your household:

It is recommended that household members test every 24-48 hours until 5 days after the last positive household member's isolation has ended, regardless of vaccination status.

Testing

Your school can direct you to free testing options either on-site or at another local testing location. Options may be found here: doh.wa.gov/testing. In Washington state, you can receive free self-tests from sayyescovidhometest.org. If you have further questions or specific concerns, consult your healthcare provider or visit doh.wa.gov/emergencies/COVID19.