



# Northern Adirondack Central School District

Office of the Superintendent

James C. Knight, Jr.

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Dear Staff member,

You are exhibiting symptoms that have been identified by the NYSDOH as possible symptoms of COVID-19:

|   |  |
|---|--|
| <input type="checkbox"/> Fever (100.0 or higher) or chills        | <input type="checkbox"/> Congestion or runny nose  |
| <input type="checkbox"/> Cough                                    | <input type="checkbox"/> Muscle pain or body aches |
| <input type="checkbox"/> Shortness of breath or trouble breathing | <input type="checkbox"/> Headache                  |
| <input type="checkbox"/> New loss of taste or smell               | <input type="checkbox"/> Nausea or vomiting        |
| <input type="checkbox"/> Fatigue/feeling of tiredness             | <input type="checkbox"/> Diarrhea                  |
| <input type="checkbox"/> Sore throat                              |  |

NACS must follow health department guidance for allowing an employee to return to work after exhibiting symptoms of COVID-19.

If you are **not** diagnosed with COVID-19 by a healthcare provider, you can return to work when:

- COVID-19 Testing and/or Healthcare Provider Visit
  - A healthcare provider gives alternative diagnosis (healthcare provider note diagnosing you with a known chronic condition without new or worsening symptoms, or a laboratory confirmed acute illness, such as strep throat or the flu, **AND** COVID-19 is not suspected), **OR**
  - A note from the healthcare provider indicating that the COVID-19 PCR test was negative, **OR**
  - A copy of a negative COVID-19 PCR test or a completed NACS Home Testing Return to School Attestation Form, **AND**
  - No fever for **24** hours (100 or above) without the use of fever reducing medicines, and you have felt well for 24 hours (your symptoms have improved).
- No COVID-19 Testing or Alternate Diagnosis Provided by Healthcare Provider:
  - You may return to work 5 days after symptom onset, if symptoms have improved and you are fever free for 24 hours without the use of fever reducing medication but are required to wear a well-fitting mask on days 6,7,8,9, and 10 (If you are immunocompromised, or unable to wear a well-fitting mask while around other people, you should continue to isolate for 10 days).  
**NOTE: There is no Isolation exemption from these requirements for symptomatic vaccinated people.**
- If you **are** diagnosed with COVID-19 because of a positive test result or by a healthcare provider based upon your symptoms, you are **not** to be in work and must stay home until:
  - After 5 days of isolation from the date of onset of symptoms, or the date of positive test (if asymptomatic), if symptoms have improved and you are fever free for 24 hours without the use of fever reducing medication you may return to work but are required to wear a well-fitting mask on days 6,7,8,9, and 10 (If you are immunocompromised, or unable to wear a well-fitting mask while around other people, you should continue to isolate for 10 days).

We understand how difficult this time can be. Our top priority is to ensure the health and safety of all our students and staff. Thank you for helping us in protecting all members of our school community.

Please contact the District Office if you have any questions regarding these guidelines (Brittany Labombard: 518 594-7060 ext.2501).

School Nurse: \_\_\_\_\_

Date: \_\_\_\_\_

Rev: 3/10/22