



SHARON CITY SCHOOL DISTRICT

COVID-19 ISOLATION AND QUARANTINE GUIDELINES

(In accordance with updated CDC and PA Department of Health Guidelines)

Updated August 22, 2022

WHAT IF I TESTED POSITIVE FOR COVID-19?

- **INDIVIDUALS WHO TEST POSITIVE for COVID-19 (regardless of vaccination status) MUST:**
 - Inform the School District as soon as possible.
 - Isolate at home for 5 days (Day 0 is defined as either the date of symptom onset, or the date the test specimen was collected if the patient is asymptomatic).
 - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
 - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
 - You should wear a high-quality mask through day 10.

WHAT IF I WAS EXPOSED TO SOMEONE WITH COVID-19?

- **INDIVIDUALS WHO WERE EXPOSED TO SOMEONE WITH COVID-19 (regardless of vaccination status) MUST:**
 - Inform the School District as soon as possible.
 - Wear a “high-quality mask” for 10 days and get tested on day 5.

WHAT IF I SUSPECT I HAVE COVID-19 DUE TO MY SYMPTOMS?

- **INDIVIDUALS WHO SUSPECT THEY HAVE COVID-19 SHOULD:**

- Isolate and get tested
- Those who test negative can end isolation
- Those who test positive must isolate for at least 5 days.
 - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
 - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
 - You should wear a high-quality mask through day 10.

Symptoms include:

<ul style="list-style-type: none">• Fever or chills• Cough• Shortness of breath or difficulty breathing• Fatigue• Muscle or body aches• Headache	<ul style="list-style-type: none">• New loss of taste or smell• Sore throat• Congestion or runny nose• Nausea or vomiting• Diarrhea
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**Please call the school nurse at any time during the quarantine/isolation period with questions, concerns or to update us on how your family is doing.*