Covid Guidance (updated 8/15/22)

Please keep this email for reference throughout the year.

1. COVID-19 Symptoms

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)

- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, *when in combination with other symptoms*
- Headache,*when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies), *when in combination with other symptoms*

2. If you have any symptoms of COVID-19, test at home ***before*** coming to school. If your test is negative, you may come to school. It is recommended to test again 48 hrs later if you still have symptoms and to wear a mask until symptoms improve.
3. **If you are a close contact** of someone who tests positive for COVID-19, it is recommended to wear a mask when around others for 10 days after last exposure and test on day 6 (also test anytime you have symptoms). Contact Tracing is no longer recommended in schools.
4. **If you test + for COVID** you must isolate at home away from others on days 0-5 (day 0 is the 1st day of symptoms or date of + test if no symptoms). On day 6, if you are fever free and your symptoms are resolving, you may leave isolation; however, you must wear a mask when around others at all times indoors except when eating/drinking through day 10. If however you test negative on day 5 or after, you do not need to wear a mask once you are out of isolation (days 6-10).
5. **We are not testing routinely** in schools this year. If you do develop symptoms at school, please see the school nurse. We have a limited supply of test kits in the nurse's office this year. We encourage testing at home as noted above.

Complete DECE guidance: Covid-19 Isolation and Exposure Guidance
Free Tests::https://www.cms.gov/how-to-get-your-at-home-OTC-COVID-19-test-for-free
Vaccinations remain the best way to help protect yourself and others. The Town of Medfield's Public Health Nurse will be advertising vaccine clinics throughout the year.