



COVID-19 Reference Guide



What is considered a close contact exposure to COVID-19?

- A close contact is defined as being within 3-6 feet of a positive COVID-19 person for 15 cumulative minutes in a 24 hour period regardless of if a is mask worn by either person.
- The day of exposure is determined from last contact with the positive person during the time upon which the person is considered contagious. If the positive person lives in the home, each time there is close contact with the positive person, the quarantine time starts over.

What if I have been exposed to someone with COVID-19 and but do not have any symptoms?

To reduce the time a student is away from in-person learning, schools can choose to follow the guidance from the CDC, state, and local health departments and implement the below options to shorten quarantine when exposed. Regardless of which option chosen, a student will wear a mask for the full 10 day quarantine time when around others.

- A close contact student must quarantine for **10 days** and monitor for symptoms.
- Quarantine can be shortened further by obtaining a negative COVID-19 test (PCR or rapid antigen) **4 days** after exposure from a COVID-19 testing center or healthcare provider and can return to school as soon as results received.*
- Quarantine is **NOT** required for those who are fully vaccinated or tested positive for COVID-19 within the past 90 days.*

What if I have COVID-19 like symptoms?

- Stay home and contact your healthcare provider.
- If currently in quarantine due to a recent close contact exposure to COVID-19, obtain a diagnostic PCR or rapid antigen COVID-19 test from a COVID-19 testing center or healthcare provider.* Stay home awaiting test results.
- If the medical diagnosis is something other than COVID-19, (e.g. stomach virus, ear infection, sinus infection) follow the normal school illness policies and return to school when symptoms improve.

What if I am positive for COVID-19? *

- If Asymptomatic, stay home and isolate from others for 10 days since the positive PCR or rapid antigen COVID-19 test from a COVID-19 testing center or healthcare provider.
- If Symptomatic, stay home and isolate from others for 10 days since the onset of the first symptom. Remain home until fever free for 24 hours without the use of fever reducing medication and symptom improvement.
- The school will coordinate with the local health department to determine a safe return date to school.
- A copy of the original positive test, a medical doctor's note, or letter from the health department indicating safe return date is required to return to school.

Documentation of a COVID-19 test must include: name of person tested, date tested, type of test, and name of clinical entity issuing the results (e.g. CVS, health department, medical facility, healthcare provider or COVID-19 testing site). The local health department does not recognize a **home test result or **antibody test** result as verification of presence of COVID-19 or record of past infection.*

In the event a school has a positive case of COVID-19, the school community and those individuals exposed will be notified as soon as possible. The school will consult with the Diocese of Orlando and the local health department for guidance and directives. The nature of the circumstance will determine a school's response. Each situation is unique and will be addressed accordingly.