

SPS COVID-19 Guidelines 2022-2023 “Launching Into Healthy Learning”

A. Mild Respiratory Symptoms /TEST-MASK-GO Strategy (Regardless of vaccination status)	B. COVID-19 Symptoms or are not feeling well. (Regardless of vaccination status)
<p>TEST-MASK-GO allows someone meeting the following criteria to continue to report to work and attend school while having mild symptoms. If the criteria below is met individuals will <i>TEST-MASK and GO</i>.</p>	<p>Examples of COVID -19 Symptoms:</p> <ul style="list-style-type: none"> • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • Loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea
<p>If you have mild symptoms, for example :</p> <ul style="list-style-type: none"> • Infrequent cough • Congestion • Runny nose • Sore throat <p>And if you are :</p> <ul style="list-style-type: none"> • Fever free (< 100°F) • Not living with anyone who has had COVID-19 in the past 2 weeks. • Able to wear a mask consistently and correctly while symptomatic. • Testing negative for COVID-19 prior to reporting in-person on every day you are symptomatic, as well as one final test on the morning of when symptoms have resolved. 	<p>Individuals with COVID -19 symptoms do not fall into the Test-Mask and Go strategy should :</p> <ul style="list-style-type: none"> • Isolate at home. • Get tested for COVID-19 with a PCR, antigen, or home test as soon as possible. • Avoid activities outside of home. • If the COVID-19 test is negative, and after symptoms improve, including being fever-free for at least 24 hours without the use of fever reducing medication, may return to work/school.
<p>Individuals who have any respiratory disease symptoms should not use Test-Mask-Go strategy if they:</p> <ul style="list-style-type: none"> • Have a fever (≤ 100°F). • Or are living with someone who has had COVID-19 in the past 2 weeks. 	

C. Tested Positive for COVID-19 (Regardless of vaccination status)	D. Exposed to Someone with COVID-19 and are symptom free. (Regardless of vaccination status)
<ul style="list-style-type: none"> • Received a positive COVID-19 test result • Isolate at home for 5 days. • Return to work/school on day 6 if you are feeling well, symptoms have significantly improved and are fever free for 24 hours without the use of fever reducing medication. • Upon returning to work/school, wear a mask for an additional 5 days. If a mask can not be worn a 10 day isolation period is required. 	<ul style="list-style-type: none"> • Continue to report to work and attend school. • Take a COVID-19 test 5 days after exposure. • If the COVID-19 test result is negative, continue to report to work and attend school. • Wear a mask at all times around others for 10 days and monitor for symptoms.

E. School Outbreaks / High Risk Classroom Exposure to COVID-19 case/cases (Regardless of vaccination status)
<ul style="list-style-type: none"> • SPS will notify CT DPH and Stratford Health Department to determine appropriate course of action when there are multiple positive cases in a school or a specific classroom. • Quarantine, isolation, contact tracing and COVID-19 testing may be required.