September 13, 2021

<center>FACT SHEET FOR COVID 19</center>

Parents: <u>Please keep your children home should they present with any COVID-like symptoms, have tested positive for COVID, or they have been exposed to a family member with COVID-19.</u>
Please check your child for the following symptoms daily:

- Fever of 100.4 or higher or chills;
- Shortness of breath or difficulty breathing;
- Muscle aches;
- Sore throat;
- Headache;
- Fatigue;
- Congestion or runny nose;
- Cough;
- Vomiting;
- Diarrhea;
- New loss of taste or smell

Quarantine Guidelines:
FHUSD will only quarantine students who:

1. Present with symptoms
2. Have a positive COVID test, or
3. Have family member that receives a positive COVID test.

Parents will receive a letter indicating close contact with other students/staff identified with COVID 19 and a request to monitor your child's symptoms and keep them home should they present with any of the symptoms above.

Procedures for COVID-19 Symptoms or Positive Test or Exposure to Family Member:
If a person becomes sick with COVID-19 symptoms, is exposed to a family member, or reports a positive test, the procedures listed below should be followed:

1.   Immediately report the situation to the building principal.
2.   Student should be kept home for isolation. Please follow the procedures in the Safe Return to School Plan starting on page 4.
3.   If a student develops COVID-19 symptoms at school, the student will be separated from all other students and staff, with the exception of one staff member to supervise the student, and sent home.
4.   Contact Tracing will be completed and individuals identified as close contact will be notified to monitor symptoms. Close contacts will be report to MCDPHS as required by law.

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Quarantine Guideline Charts

Students who have had close contact with a **family member, exhibit COVID like symptoms or test positive for COVID 19.**

Example of standard quarantine guidelines.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Date of Last Exposure Day 0	Quarantine Day 1	Quarantine Day 2
Quarantine Day 3	Quarantine Day 4	Quarantine Day 5	Quarantine Day 6	Quarantine Day 7	Quarantine Day 8	Quarantine Day 9
Quarantine Day 10	Return to School					

Students who obtains a negative COVID-19 test result can return to school on day 8.

Example of early release from quarantine with a negative COVID-19 test result.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Date of Last Exposure Day 0	Quarantine Day 1	Quarantine Day 2
Quarantine Day 3	Quarantine Day 4	Quarantine Day 5	Quarantine Day 6 Completes COVID-19 PCR or antigen test on or after 5 full days of quarantine.	Quarantine Day 7	Return to School If the individual has received a negative test result AND remains symptom free since exposure.	* Negative tests obtained on days 1-5 of the self-isolation period will not be accepted for clearance under this protocol because of the high rate of "false negative" test results that may occur during this time.