

# WHEN DO I LEAVE? WHEN CAN I RETURN?

## STAY HOME & QUARANTINE

*If either of these situations apply, it is imperative that you stay home, consult your primary care provider (PCP), **AND** quarantine for at least 14 days. We also ask that you get tested\* for COVID-19 and share any results with the school office.\**

### ONE OF THESE SITUATIONS:

*-in the past 14 days, you have tested positive for COVID-19, or have been told you might have COVID-19.*

*-in the past 14 days, you have been in close contact\* with someone diagnosed with COVID-19*

## STAY HOME & QUARANTINE UNTIL NEG. COVID TEST + 48 HRS AFTER SYMPTOMS IMPROVE\*

*If either of these situations apply, it is imperative that you stay home, consult your primary care provider (PCP), **AND** quarantine for at least 14 days **OR** until receiving a negative COVID-19 test result\* (shared with school office) & symptoms have been improving for at least 48 hrs.\**

### ONE OF THESE "MORE COMMON" SYMPTOMS:

*-new onset or worsening cough  
-shortness of breath or difficulty breathing  
-new loss of taste or smell  
-fever (temperature greater than 100.0 F)*

### TWO OF THESE "LESS COMMON" SYMPTOMS:

*-chills  
-excessive fatigue  
-muscle or body aches  
-severe headache  
-sore throat  
-new onset congestion or runny nose  
-nausea, vomiting or diarrhea*

## STAY HOME UNTIL 48 HRS AFTER SYMPTOMS IMPROVE

*If only one of these symptoms is present, stay home & consult your PCP. Students can return to campus once symptoms have been improving for at least 48 hrs.*

### ONE OF THESE "LESS COMMON" SYMPTOMS:

*-chills  
-excessive fatigue  
-muscle or body aches  
-severe headache  
-sore throat  
-new onset congestion or runny nose  
-nausea, vomiting or diarrhea*

## ABLE TO ATTEND SCHOOL

*If your child suffers from any of these chronic health conditions that could be confused with COVID-19 symptoms, please contact the school office in advance to avoid your student being sent home unnecessarily.*

### SYMPTOMS COMMON WITH:

*-seasonal allergies  
-migraines  
-gluten intolerance  
-asthma  
-IBS / Crohns disease*

WHAT DOES IT ALL MEAN?

# RESOURCES & DEFINITIONS

WHERE CAN I FIND A FREE COVID-19 TESTING SITE?

*For information on where to access free & safe COVID-19 testing please visit <https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>*

WHAT IS THE DEFINITION OF A "CLOSE CONTACT"?

*MDH defines a "close contact" as being within 6 feet of an active COVID-19 case for greater than 15 mins, either with or without a face mask, either indoors or outdoors.*

WHAT CONSTITUTES A "PRIMARY CARE PROVIDER" (PCP)?

*A PCP includes a medical doctor (MD), doctor of osteopathy (DO), nurse practitioner (NP), or physician assistant (PA).*

WHAT/WHO HAS INFORMED THIS DECISION MATRIX?

*The School Building Reopening Committee (SBRC) made up of faculty, administrators, and parents, in consultation with various medical professionals and based heavily on guidance from the MDH and CDC.*

WHAT IS MEANT BY "SYMPTOMS IMPROVE"?

*As many common cold symptoms can linger through the winter months, it can be appropriate for students or staff to return to campus 48 hours after these symptoms have shown signs of improvement. Those symptoms include: congestion, runny nose and/or cough. All other symptoms must be completely resolved before returning to campus.*

WHAT IS MEANT BY "STAY HOME & QUARANTINE"?

*Students or staff asked to stay home & quarantine should remain away from campus as well as any other public places, and avoid any interaction with others outside of their immediate family, to do their part to mitigate any potential spread of COVID-19.*

WHAT SHOULD I DO IF I AM STILL UNSURE ABOUT WHAT TO DO NEXT?

*If you are unsure whether or not you should keep your student away from campus, we ask that you please err on the side of caution and keep them home. Please feel free to contact the school office (651-777-5877) with further questions.*