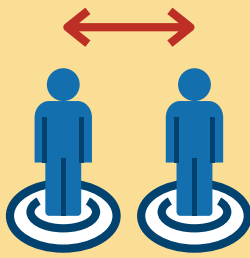


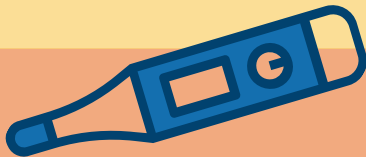
MCPSS COVID-19 GUIDANCE

The CDC has revised its COVID-19 recommendations for those who are exposed or infected to try to minimize the disruption to their lives. For the latest information, visit the CDC's website.



COVID exposures

Students and staff exposed to COVID-19 no longer need to quarantine until and unless they develop symptoms. This is regardless of vaccination status. The CDC does recommend that those who have been exposed wear a mask for 10 days while indoors in public settings and get tested at least five days after exposure. If they are symptomatic, they should get tested sooner.



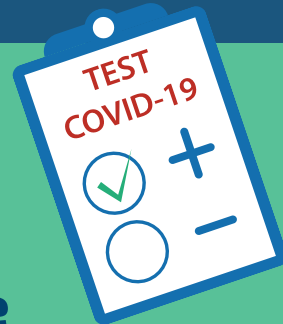
What if I'm exposed at school?

MCPSS is no longer requiring that students or staff who have been exposed at school be placed on quarantine. For students, the school nurse should send a letter home notifying the parents of exposure.

Those who have been exposed should monitor themselves for symptoms and take the precautions they deem necessary. If an exposed student or staff member becomes symptomatic, he or she should stay home for at least five days. They should be fever-free for at least 24 hours without medication before returning.

UPDATED
AUGUST
2022

COVID positive or symptomatic



People with COVID-19 symptoms or infection should isolate from others for at least five days. They can end isolation on day six if they are fever-free for at least 24 hours without medication and their symptoms are improving. They should continue to wear a mask around other people through day 10 or until they have two consecutive negative antigen tests taken at least 48 hours apart.



Mobile County
PUBLIC SCHOOLS



What if I'm sick?

As with any illness, those who are sick should stay home. This includes those who have tested positive and/or who exhibit COVID symptoms: fever, cough, runny nose, sinus congestion, trouble breathing, persistent pain or pressure in the chest, abdominal pain, stomachache, lack of taste or smell, diarrhea, vomiting, and/or sore throat.

Those who test positive should notify their school and stay home for at least five days. They should be fever-free for at least 24 hours without medication before returning. They should contact their healthcare provider.

*The CDC recommends that extra precautions be taken for those with special medical needs.