

Alvord ISD Family,

The Centers for Disease Control and Prevention (CDC) recently released shortened COVID-19 quarantine guidance and recommendations. This is the latest of many COVID updates from the CDC, these guidelines will certainly change again at some point in the future.

The CDC is recommending a 5 day quarantine for individuals who have tested positive for COVID-19 as long as they are asymptomatic including no fever for 24 hours followed by 5 days of wearing a mask.

The CDC recommended quarantine period for individuals who are exposed to the virus depends on the vaccination status of the individual. For people who are unvaccinated the CDC recommends a 5 day quarantine followed by 5 days of strict mask use. This will only apply to exposed members of a household. If they are exposed otherwise then they will only quarantine if they have symptoms. Those who are fully vaccinated will not have to quarantine as long as they are not symptomatic.

Alvord ISD will encourage, but not require, the use of a mask for those who are returning to school or to work following a 5 day quarantine period.

Please monitor for any of the following symptoms that may indicate a possible COVID-19 infection:

- Temperature of 100.4 degrees Fahrenheit or higher when taken by mouth;
- Sore throat;
- New uncontrolled cough that causes difficulty breathing (or, for students with a chronic allergic/asthmatic cough, a change in their cough from baseline);
- Diarrhea, vomiting, or abdominal pain; or
- New onset of severe headache, especially with a fever.

If any student or staff member does begin experiencing any of these symptoms in a way that is not typical, we encourage you to contact your physician. We encourage anyone who is lab-confirmed to have COVID-19 or who has been exposed to the virus to please notify us immediately.

To report a positive test or exposure to the COVID-19 virus please contact Nurse Isela Palmer at ipalmer@alvordisd.net or 940-427-2881 ext 1006.

Dr. Randy Brown
Superintendent
Alvord ISD
940-427-5975

We Care, We Work, We Win
The Alvord Way