

AT School COVID Protocol

2022-2023/ COVID RESPONSE TEAM

Information Provided by CDC

Updated 11-9-22

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick. Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

These recommendations do not change based on COVID-19 Community Levels. If you have COVID-19, also see additional information on treatments that may be available to you.

This information is intended for a general audience. Healthcare professionals should see Ending Isolation and Precautions for People with COVID-19. This CDC guidance is meant to supplement—not replace—any federal, state, local, territorial, or tribal health and safety laws, rules, and regulations.

If a Student becomes ill during the day Instant Isolation in Dorm infirmary

Regardless of vaccination status, you should isolate from others when you have COVID-19.

You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

If you had no symptoms:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your [symptoms](#) started

Isolation:

- If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home.
- You are likely most infectious during these first 5 days.

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- [Wear a high-quality mask](#) if you must be around others at home and in public.
 - Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
 - [Do not travel](#).
 - Stay home and separate from others as much as possible.
 - Use a separate bathroom, if possible.
 - Take steps to [improve ventilation](#) at home, if possible.
 - Don't share personal household items, like cups, towels, and utensils.
 - Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
 - Learn more about [what to do if you have COVID-19](#).

Ending isolation:

- Based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms:

- You may end isolation after day 5.

If you had symptoms and:

- Your symptoms are improving
- You may end isolation after day 5 if:
- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving. ¹

If you had symptoms and had:

- Moderate illness (you experienced shortness of breath or had difficulty breathing)
- You need to isolate through day 10.
- Severe illness (you were hospitalized) or have a weakened immune system
- You need to isolate through day 10.
- Consult your doctor before ending isolation.
- Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

Regardless of when you end isolation:

Until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).
- For travel guidance, see CDC's [Travel webpage](#).

Food Services: Must Prepare Meals for Quarantined Students

- Classroom teachers must send a list of students who are quarantined to food service.
- Food service must provide meals to students who are missing due to quarantined.