



ACADEMY PREP CENTER OF TAMPA

What to do if a possible exposure to Covid-19 occurs?

We require that you quarantine for 14 days if the positive person is symptomatic, or get tested and receive the negative result to end quarantine. For an asymptomatic close contact if you get tested by polymerase chain reaction (PCR) test on Day 6 or later and receive the negative result, then you may end quarantine after completion of Day 7. Without testing, an asymptomatic close contact may end quarantine after completion of Day 10. Under special circumstances, students should quarantine for 14 days, this would apply to someone who will be exposed to medically vulnerable individuals.

If you have potential Covid-19 exposure you need to **notify the school immediately**. Potential exposure includes **close contact***** with anyone who:

- Has tested positive to Covid-19
- Is presumed positive for Covid-19
- Exhibits any of the Covid-19 symptoms or is advised by a medical professional to self-isolate or quarantine.

*****Close contact is someone who was within six (6) feet of an infected person or a person who knows he/she has a potential exposure within for at least 15 minutes starting from 2 days before illness onset (or for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.**

Stay home for 14 days after last exposure or get tested
Get tested on Day 4 or 5 after possible exposure for more accuracy
Self monitor for symptoms: fever, cough, loss of taste or smell, shortness of breath or difficulty breathing, headache, congestion, runny nose, nausea, vomiting, diarrhea, sore throat, muscle or body aches.
Avoid contact with people, get rest and stay hydrated
As much as possible, stay in a specific room - separate for the rest of your family or roommates.
Tell your close contacts that may have been exposed to Covid-19 so they can take their precautions.
If symptoms appear or get worse, get medical attention (call your doctor before to make sure he/she can see you)
Clean all "high touch" surfaces every day
Clean your hands often, follow the CDC recommendations



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Additional quarantine considerations:

- Individuals who have tested positive for Covid-19 within the last 3 months and recovered do not have to quarantine or get tested again as long as they do not develop symptoms of Covid-19.
- Vaccinated persons with an exposure to a confirmed or probable case of Covid-19 are not required to quarantine if they are fully vaccinated (i.e 2 weeks or more following receipt of the second dose in a 2-dose series, or 2 weeks or more following receipt of one dose of a single-dose vaccine) and remain asymptomatic. However, they are still required to use face coverings while indoors regardless of vaccination status.

What to do if you or someone in your house has confirmed Covid-19?

In the event you test positive for Covid-19:

Stay home for 14 days after last exposure or get tested on Day 5 after last exposure.
Contact the school so we can do internal contact tracing to minimize the spread of the virus
Use a separate room and bathroom if possible and avoid contact with people
Tell your close contacts that may have been exposed to Covid-19 so they can take their precautions
Wash your hands often with soap and water
You and people in the house needs to wear face masks at home - Masks offer some protection to the wearer and are also meant to protect those around the wearer, in case they are infected with the virus that causes COVID-19.
If symptoms appear or get worse, get medical attention (call your doctor before to make sure he/she can see you)
Clean and disinfect the room and bathroom as much as possible
Get rest and stay hydrated
Clean all “high touch” surfaces every day
Follow the CDC recommendations
You will be required to have a written doctor’s clearance with possibly requiring testing.



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Fully vaccinated and experiencing Covid like symptoms?

The risk that fully vaccinated people could become infected with COVID-19 is low, any fully vaccinated person who experiences symptoms consistent with COVID-19 should:

- Isolate themselves from others
- Be clinically evaluated for COVID-19
- Get tested for SARS-CoV-2 if indicated
- Inform their healthcare provider of their vaccination status at the time of presentation to care.
- Evidence such as a doctor's letter or negative test result will be required to come back to work or quarantine for 10 days.

In response to the rising cases of Covid-19 Delta variant, the CDC issued updated guidance on July 27th, 2021:

Fully vaccinated individuals within a hotspot should wear a mask while indoors in public places to mitigate the risk of catching and spreading Covid-19. Regardless of location, unvaccinated individuals should continue to wear their masks and are encouraged to get vaccinated.

The CDC also recommends fully vaccinated individuals who have been exposed to Covid-19 should get tested 3-5 days after exposure, even if they aren't showing symptoms. Masks should also be worn for 14 days following the exposure or until that person tests negative for Covid. That individual should quarantine for 10 days if the test is positive.



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Everyone needs to still monitor possible developing of Covid-19 symptoms for 14 days following an exposure. If during those days you develop any of the following symptoms please, inform immediately to Ms. Evans, Ms. Vallone and/or Lisamarie Berrios:

- Fever or Chills
- Cough
- Fatigue
- Body Aches
- Headache
- Congestion
- Runny Nose
- Nausea
- Vomiting
- Diarrhea
- Loss of taste or smell
- Shortness of breath
- Muscle Pain
- Sore Throat

To ensure we protect others in the APT community, anyone knowing that he/she was exposed to a person who is confirmed Covid-19 positive **must report it to the school.** The school will adhere to protocol and work with the Health Department.

Academy Prep Center of Tampa requires that you present a written doctor's clearance with possibly requiring testing or a negative test to return back to campus if you were positive to Covid-19. Or stay in quarantine for 10 days if asymptomatic and you may return to campus if you do not develop symptoms in the last 24 hours before returning back to campus. The nurse and school administration will be in touch with you to provide the most updated information and let you know the required steps according to the situation/scenario.

If you have any question or concerned, feel free to contact Mrs. Berrios at ext. 1103 or lberrios@academyprep.org



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Some Covid testing sites:

- Lee Davis Community Resource Center
3402 N. 22nd St.
Tampa, FL 33605
Mon-Fri 8:00 am to 5:00 pm
Contact: (813) 272-5220
Appointment not required, but call before going to make sure it's available.
- Tampa Bay Concierge Doctor
201 E Kennedy Blvd #415, Tampa, FL 33602
Mon-Thu 10:00 am to 6:00 pm
Contact: (813) 773-6715
Appointment required
- Raymond James Stadium
4201 N Dale Mabry Hwy, Tampa, FL 33607
8:00 am to 4:00 pm
- University Mall Parking Garage - 2200 E. Fowler Ave., Tampa FL 33612
Tuesday through Saturday from 8 am to 4 pm

Other Testing Options:

If you feel that you may need more immediate attention, please contact your primary care physician.

Some other locations in Hillsborough County where residents can get a COVID-19 test are listed below. These options may require a doctor's note, insurance, or out-of-pocket costs.

- BayCare is repositioning resources in response to the novel coronavirus outbreak to help stem the spread of COVID-19. Information on BayCare testing
- Multiple CVS locations across the county can administer COVID-19 tests. Make an appointment at CVS
- MedExpress is offering testing at its Tampa location. Information on MedExpress testing
- Walgreens is offering COVID-19 testing at select locations, including several in Hillsborough. Information on Walgreens testing



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