



## COVID-19 SYMPTOM STUDENT GUIDANCE

### **ALL PERSONS WITH [COVID-19 SYMPTOMS](#)\*, REGARDLESS OF VACCINATION STATUS OR PREVIOUS INFECTION, SHOULD:**

- **Test** and **mask** right away.
- If you have symptoms but test negative for COVID-19, to prevent the spread of other infectious diseases, all people with respiratory symptoms should mask when indoors around others and minimize contact with others, particularly people at higher risk, until fever has been resolved for 24 hours without the use of fever reducing medication and symptoms are mild and improving.

**\*SYMPTOM(S) OF COVID-19** (*Symptoms may appear 2-14 days after exposure to the virus*). Possible symptoms include:

<b>Fever (100.4 or above)</b>	<b>Sore Throat</b>	<b>Difficulty breathing</b>	<b>Cough</b>
<b>Congestion / Runny Nose</b>	<b>Headache</b>	<b>New loss of taste / smell</b>	<b>Shortness of breath</b>
<b>Nausea / Vomiting / Diarrhea</b>	<b>Fatigue</b>	<b>Muscle / Body Aches</b>	

**A STUDENT MAY RETURN TO SCHOOL when the following criteria is met:** At least 24 hours have passed since the resolution of fever without the use of fever-reducing medications **and** symptoms are mild and improving.

## COVID-19 POSITIVE STUDENT ISOLATION GUIDANCE

*Requirements apply to all students, regardless of vaccination status, previous infection, or lack of symptoms.*

- **If you test positive, stay home if you have COVID-19 symptoms**, until you have not had a fever for 24 hours without using fever reducing medication AND other [COVID-19 symptoms](#) are mild and improving.
  - If you do not have symptoms, you should follow the recommendations below to reduce exposure to others.
- **Use a mask** when you are around other people indoors for the 10 days after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date.
  - All persons wearing masks should optimize mask fit and filtration, ideally through use of respirator (N95, KN95, KF94). If a respirator is not available, a surgical mask may be used. See [When and Why to Wear a Mask](#) for more information.
- **Avoid contact with people at [higher-risk](#) for severe COVID-19 for 10 days.** High-risk individuals are those at higher risk for serious illness, including the elderly, those who live in congregate care facilities, and those who have immunocompromising conditions.
- **Seek Treatment.** If you have symptoms, particularly if you are at [higher risk for severe COVID-19](#), speak with a healthcare provider as soon as you test positive. You may be eligible for [antiviral medicines](#) or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start
  - Call 1-833-422-4255 if you are unable to contact a healthcare provider, or use the [treatment options](#) to find one.

## STUDENT EXPOSURE GUIDANCE

The California Department of Public Health defines “close contact” as follows:

- **Indoor spaces of 400,000 or fewer cubic feet per floor (such as homes, clinic waiting rooms, airplanes, etc.)** a close contact is defined as sharing the same indoor airspace as a COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period during a COVID-19 case's infectious period.\*
- **In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices, warehouses, large retail stores, manufacturing, or food processing facilities)**, a close contact is defined as being within 6 feet of the COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period during the COVID-19 case's infectious period.\*
- Offices, suites, rooms, waiting areas, break or eating areas, bathrooms or other spaces that are separated by floor-to-ceiling walls are considered distinct indoor airspaces.

\*The potential **infectious period** is 2 days before the date symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date).

**After a COVID-19 exposure, you may continue reporting to your school as long as you are asymptomatic (no symptoms), regardless of vaccination status or previous infection, while following these guidelines:**

- **If you have [new COVID-19 symptoms](#)**, you should **test** and **mask** right away.
  - **If you test positive for COVID-19**, report this to your school office immediately and follow [California Department of Public Health \(CDPH\) Isolation Guidance](#).
  - **If you develop symptoms but test negative for COVID-19**, to prevent the spread of other infectious diseases, all people with respiratory symptoms should mask when indoors around others and minimize contact with others, particularly people at higher risk, until fever has been resolved for 24 hours without the use of fever reducing medication and symptoms are mild and improving.
- **If you do not have symptoms**, and are at [higher risk](#) of severe COVID-19 infection and would benefit from treatment, you should test within 5 days.
- **If you do not have symptoms** and have *contact with people who are at higher risk for severe infection*, you should:
  - Mask indoors when around such people for 10 days.
  - Consider testing within 5 days after the last exposure date (Day 0) and before contact with higher-risk people.
  - For further details, see [CDPH COVID-19 Testing Guidance](#).