

COVID GUIDELINES

Positive test result → No school. Automatic 5-day quarantine. Positive test date = “Day 0”, may return *after* day 5 if symptoms resolved. Must be fever free for at least 24 hours without use of medications. Any lasting symptoms- discuss with school nurse or get clearance from Doctor to return. Must wear a *well-fitted mask* through day 10 after testing positive, this includes bus transportation. Must have medical clearance from a Doctor to return to sports.

Exposed to covid-19→ 2 options.

- **Option 1:** Quarantine for 5 days. If symptoms begin- test. If positive, follow above instructions for “positive test result”. Negative test result after 5 days-may return to school.
- **Option 2:** Test to stay.
 - May continue to attend school if tested daily at home prior to coming to school and test result is negative. Send picture of negative covid test including student’s name and date of test to building nurse. Student must comply with wearing a well-fitted mask. Monitor for onset of symptoms.

Extracurricular activities/Sports

No extracurricular activities for anyone in isolation due to a positive covid test. Students in quarantine due to exposure may return to extracurricular activities/sports **IF** they participate in the “test to stay” program and continue to have daily negative results. A well-fitted mask **MUST** be worn through day 10 of quarantine

Any athlete who has tested positive for covid MUST provide a medical clearance from a Doctor stating they are able to return to sports, with no restrictions

CHILD IS TOO SICK TO BE IN SCHOOL IF HE/SHE HAS ANY OF THE FOLLOWING SYMPTOMS, COVID RELATED OR NOT:

- Fever > 100 degrees Fahrenheit within the last 24 hours **without** use of fever-reducing medications
- Seems lethargic (**very** tired) and needing bed rest
- Vomiting or diarrhea within last 24 hours
- Becomes short of breath and/or wheezing
- Has a cough that disrupts normal activity
- Distracting pain from earache, headache, sore throat or recent injury
- Has yellow or green drainage from eye(s)
- Rash of unknown origin unless cleared by medical doctor

Covid-19 at home/self-reporting forms and instructions are available at
<https://www.co.chenango.ny.us/public-health/nursing/covid19-at-home-testing.php>

These guidelines are based on updated NYS Department of Health guidelines, and are subject to change

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