

# Bellefonte Area School District COVID-19 Quarantine Recommendations

(Updated 4/27/2021)

## COVID-19 Symptoms

**One** of the following symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of smell without congestion (olfactory disorder)
- New loss of taste without congestion

**Two** of the following symptoms:

- Fever
- Chills
- Rigor (shaking or trembling as caused by a chill)
- Muscle pain (myalgia)
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Fatigue
- Runny nose or congestion

Testing for COVID-19 is recommended.

- If the test is negative your student may return to school 3 days after symptoms are no longer present.
- If the test is positive, please have your health care provider supply a note as to when your student may return to school.
- If your health care provider does not provide documentation or you do not get tested, your student may return **after**:
  - ★ 10 days since symptoms first appeared **and**
  - ★ 24 hours with no fever without fever-reducing medication **and**
  - ★ improvement in symptoms

	With Symptoms...	Without Symptoms....
<b>Positive COVID-19 Test</b>	<p>May return to school</p> <ul style="list-style-type: none"> <li>★ 10 days since symptoms first appeared <b><u>and</u></b></li> <li>★ 24 hours with no fever without fever-reducing medication <b><u>and</u></b></li> <li>★ Improvement in symptoms</li> </ul>	<p>May return to school 10 days after test was collected</p> <p>If symptoms develop during the 10 days, follow return to school guidance for a positive test <b>with symptoms, i.e., return to school 10 days since symptoms appeared</b> (as at left).</p>
<p><b>Contact with person</b> with positive test for more than 15 minutes</p> <p><i>Unvaccinated/not yet fully vaccinated individuals.</i></p>	<p>Individuals should be tested for COVID-19.</p> <ul style="list-style-type: none"> <li>● If the test is negative, return to school following quarantine after last exposure to the person with COVID-19 and symptoms have resolved as at right.</li> <li>● If the test result is positive, follow return to school guidance for positive test with symptoms as above.</li> </ul>	<p><b>Close-contacts:</b> following most recent date of exposure to the positive individual, individuals should:</p> <ul style="list-style-type: none"> <li>● Quarantine for 14 days or,</li> <li>● <b>Quarantine for 10 days</b> without testing or,</li> <li>● Quarantine for 7 days with a negative test taken <b>on or after day 5 of quarantine.</b></li> </ul> <p><b>Household contacts</b> isolate for ten days/until positive individual is symptom-free without medication and then commence quarantine as outlined above.</p> <p>If symptoms develop during quarantine, follow return to school guidance for close contact with symptoms, i.e., <b>return to school 10 days since symptoms appeared/symptoms have resolved if longer than 10 days.</b></p>
<p><b>Contact with person</b> with positive test for more than 15 minutes</p> <p><i>*Fully vaccinated individuals (i.e, two weeks after SECOND Pfizer or Moderna shot, or two weeks after Johnson &amp; Johnson (Janssen) single shot).</i></p>	<p><b>SYMPTOMATIC FULLY VACCINATED individuals</b> should follow the guidelines above.</p>	<p><b>ASYMPTOMATIC FULLY VACCINATED individuals</b> do not need to quarantine.</p>

\* Per PAHAN-559, Updated Quarantine Recommendations for Persons Exposed to COVID-19

<https://www.health.pa.gov/topics/Documents/HAN/2021-PAHAN-559-3-16-UPD%20-%20Updated%20Quarantine%20full%20vac.pdf>