Bellefonte Area School District COVID-19 Quarantine Recommendations
(Updated 12/7/2020)

COVID-19 Symptoms	Testing for COVID-19 is recommended.

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
	● 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....
Positive COVID-19 Test	May return to school ★ 10 days since symptoms first appeared _**and**_ ★ 24 hours with no fever without fever-reducing medication _**and**_ ★ Improvement in symptoms	May return to school 10 days after test was collected If symptoms develop during the 10 days, follow return to school guidance for a positive test **with symptoms, i.e., return to school 10 days since symptoms appeared** (as at left).
Contact with person with positive test for more than 15 minutes	Individuals should be tested for COVID-19. ● 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. ● If the test result is positive, follow return to school guidance for positive test with symptoms as above.	**Close-contacts:** following most recent date of exposure to the positive individual, individuals should: ● Quarantine for 14 days or, ● **Quarantine for 10 days** without testing* or, ● Quarantine for 7 days with a negative test taken **on or after day 5 of quarantine**. **Household contacts** isolate for ten days/until positive individual is symptom-free without medication and then commence quarantine as outlined above. If symptoms develop during quarantine, follow return to school guidance for close contact with symptoms, **i.e., return to school 10 days since symptoms appeared/symptoms have resolved if longer than 10 days.**
Travel Out of PA: https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx	Quarantine per Positive COVID-19 test above.	Travelers over 11 years of age are required to: ● Produce evidence of a **negative COVID-19 test** or, ● Quarantine for 10 days** without testing* or, ● Quarantine for 7 days with a negative test taken **on or after day 5 of quarantine**. If someone cannot get a test or chooses not to, they must **quarantine for 10 days** upon arrival in Pennsylvania.

* Per PAHAN-538, 10 day quarantine without testing requires **ONGOING MONITORING FOR SYMPTOMS** per list above.

https://www.health.pa.gov/topics/Documents/HAN/2020-PAHAN-538-12-4-ALT%20-%20Updated%20Quarantine%20Recommendations%20for%20Persons%20Exposed%20to%20COVID-19.pdf