

Greetings SLES Family,

Our goal remains to support and protect our community members while continuing to maintain our mission to educate our students. As our students prepare to return to campus, we wanted to be both helpful and insightful by providing these FAQs based on CDC guidelines for employees to better understand recent guidance on isolation and return to work for COVID-19 infections and exposures. Please use this information as a guideline to help make appropriate decisions. If you have additional questions, please contact Nurse Linda Richardson. *As of now, the mask policy of St. Luke's continues to be in effect and unaltered for all students, teachers, and visitors on campus.*

**What should you do if you test positive for COVID-19?**

**COVID-19 positive with symptoms:** The new CDC guidance decreased the time away from work and school to five (5) days from symptom onset for those with resolved or mild and improving symptoms. The individual must be fever-free for 24 hours without Tylenol or fever-reducing medications and have improving symptoms. If you have had fever or moderate or more severe symptoms at day five, you should not return to work or school until the fever has resolved off medications for at least 24 hours and your symptoms are improving.

**COVID-19 positive without symptoms:** The new guidance decreases the time away from school to five (5) days from the date of a positive test.

**How should you calculate days?**

When calculating days, day zero is the date a positive test was performed. So an asymptomatic individual may return to work after five days of isolation, on day six.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
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Date Test Sample Taken, if no Symptoms	Isolation	Isolation	Isolation	Isolation	Isolation	Return to Work
<b>OR</b>						
Date Symptoms Started						

**When returning to work or school, what is required?**

- Please contact Nurse Linda Richardson prior to returning to school to receive work clearance
- A repeat COVID test is not required to return to work
- PPE must be worn (at a minimum, a close-fitting facemask in all interactions and in non-private spaces). Masks may be removed when eating separately from others (until 10 days after symptom onset [symptomatic] or the positive test [asymptomatic])
- Continued social distancing
- After returning to school, you should self-monitor for symptoms and seek re-evaluation from your health care provider if symptoms develop or worsen

**What should you do if you are healthy but have been exposed to COVID-19?**

**Vaccinated and Boosted:**

- In general, asymptomatic individuals who have been exposed to the virus in this way do not require any restriction from work or school if they have received all recommended vaccine doses, including boosters, according to CDC guidance
- Must wear PPE (minimum: close-fitting facemask at all times)
- Self-monitor for symptoms
- Stop working and contact school Nurse and health care professional if symptoms develop

**What should you do if you are healthy but have been exposed to COVID-19?**

**Unvaccinated and/or Not Boosted:**

- In general, asymptomatic individuals who have been exposed to the virus in this way do not require any restriction from school or work
- Must wear PPE (minimum: close-fitting facemask at all times)
- Self-monitor for symptoms
- Contact health care provider and get tested for COVID-19 approximately three (3) days (range 2-4 days) after last exposure. Self-isolate and contact health care provider if symptoms develop

These guidelines will be used to direct employees and students regarding their ability to attend school or their need to stay at home and are effective January 3, 2022.

**If an individual is experiencing COVID-related symptoms, it is BEST to remain home and contact your health provider who will recommend whether testing is necessary. For the safety of our community, please err on the side of caution. The health of our community remains our top priority.**