

COVID-19 Exposure Guidelines

COVID-19 Symptoms

- Fever of 100.4 (F) or higher
- Chills
- Rigors
- Muscle pain or aches
- Malaise
- Headache
- Sore throat
- Lower respiratory illness (cough, shortness of breath, or difficulty breathing)
- Loss of taste or smell
- Diarrhea
- Congestion or runny nose,
- Nausea or vomiting

10 Day Home Quarantine Guidelines

- Do not leave your home unless to satisfy critical needs.
- Do not attend any settings where you are unable to maintain a 6-foot distance from other people.
- You may not have visitors at your home unless authorized by SCHD.
- SCHD could monitor your condition through daily phone calls.

What is close contact?

Close contacts are people who have been within 6 feet of you for a period of 10 minutes or more.

1 I am having COVID-19 symptoms

Parents/Students should contact their school nurse, employees should contact Jenny Crowell.

Contact the Shawnee County Health Department at 785-251-5715

Take a COVID-19 test and follow the instructions below while awaiting tests.

- Self-Isolate to your home.
- If you live with others, self-isolate in a private room and use a private bathroom if possible.
- Make a list of close contacts you have had from two days before you became sick until you isolated.
- Wear a mask when you enter general living areas. Interact with others as little as possible.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider for instructions.

2 I have received a positive COVID-19 test

Parents/Students should contact their school nurse, employees should contact Jenny Crowell.

★ **School personnel will notify close contacts at school.**

Notify your close contacts and let them know they should quarantine at home for 10 days. This includes your family.

Self-isolate in your home until the following conditions are met: a.) 10 days from the beginning of symptoms or 72 hours after fever is gone without the use of fever reducing medicine and other symptoms have significantly improved WHICHEVER IS LONGER. b.) If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive at the facility. c.) If you do not need hospitalization, continue to self-isolate at home.

3 I have been in close contact with a confirmed COVID-19 patient

Parents/Students should contact their school nurse, employees should contact Jenny Crowell.

Quarantine for 10 days and monitor your health. Household contacts must quarantine for 20 days.

4 I have been exposed to a person with COVID-19 symptoms

If you have no symptoms, no additional action is required. Continue to monitor your health.

5 I have been exposed to a person who was exposed to a confirmed COVID-19 patient

If you have no symptoms, no additional action is required. Continue to monitor your health.

6 I have traveled to an area with high COVID-19 cases

Parents/Students should contact their school nurse, employees should contact Jenny Crowell.

Quarantine for 10 days and monitor your health.

7 I have been exposed to a person who traveled to an area with high COVID-19 cases

If you have no symptoms, no additional action is required. Continue to monitor your health.