

RETURN TO SCHOOL OPTIONS

FOR ANYONE WITH
COVID-19
SYMPTOMS:

COVID 19 Hotline **1-907-966-8799**

01

Stay home for 10 days after your first symptom or positive test, whichever is earlier. After 10 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

02

If you test negative, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving – unless directed by public health to quarantine for 14 days.

03

If you do not get a test, stay home for 10 days. You may return after 10 days if you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

04

If your health care provider determines that you do not need a COVID test, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving. **Staff and students need to have their health care provider complete the Return to School After Symptoms form or provide a negative test result to return to school.** Staff need to send form or negative test result to olinc@sitkaschools.org. Student's form or negative result should be sent/given to the building principal.

WHEN TO RETURN TO SCHOOL

01

Does the person have symptoms?

- Fever
- Chills
- Shortness of breath
- Cough
- Diarrhea
- Abdominal pain
- Vomiting
- Fatigue
- Joint pain
- Muscle aches
- New rash
- Loss of smell or taste
- Sore throat
- Headache
- New congestion
- New runny nose

Yes, they have symptoms

02

Do they have emergency warning signs?

Yes, they have:

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- New difficulty staying awake
- Bluish lips or face

No warning signs

03

Do they have another reason to believe their symptoms are probably not COVID-19?

Yes:
they have had allergies, asthma, or other medical problems with these exact symptoms

No

04

CALL 911

They Should:

Stay home in isolation until it has been 10 days AND their symptoms have resolved for at least 24 hours UNLESS they have a doctor's note saying their symptoms are not from COVID-19 and they may return earlier.

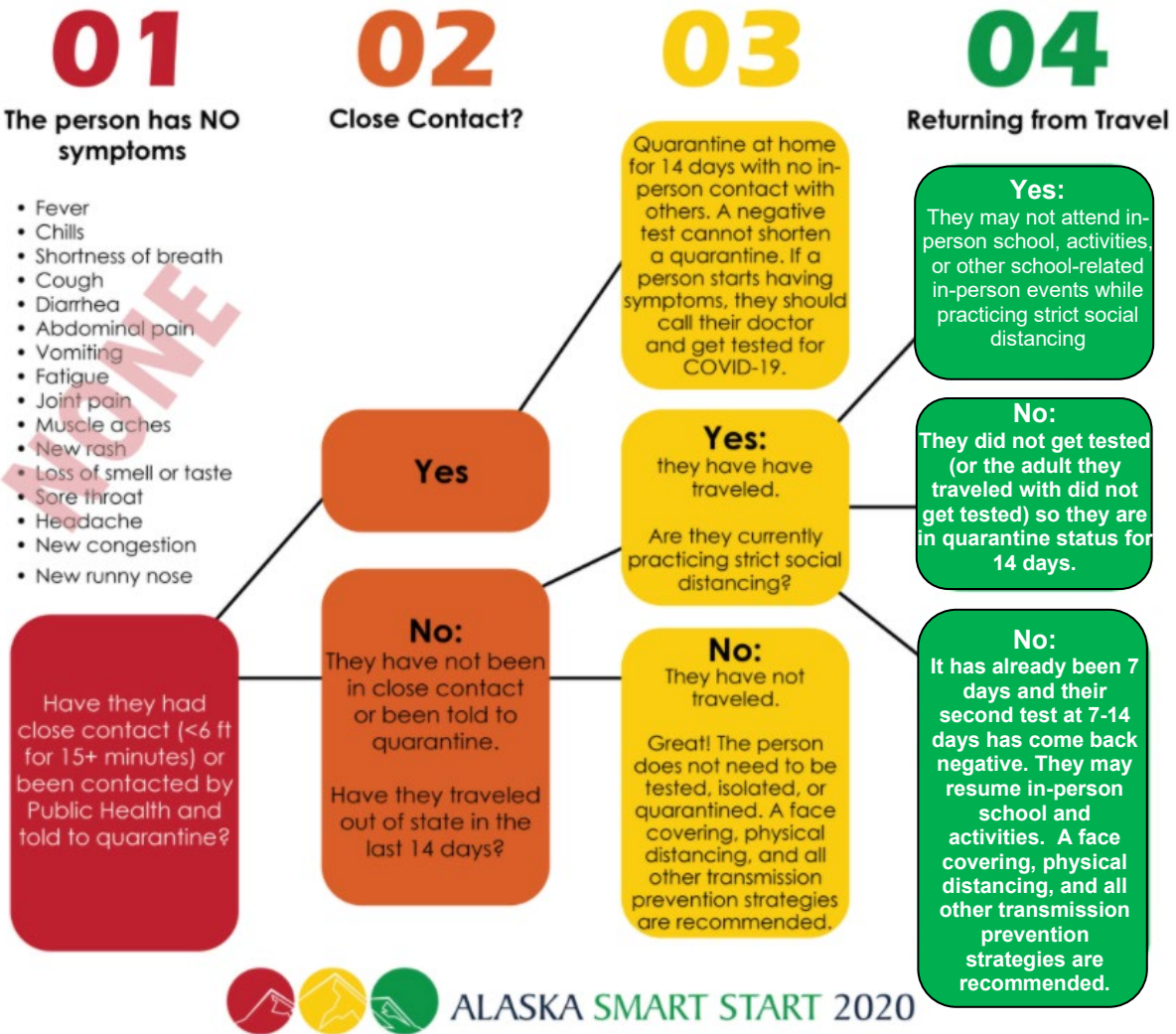
They Should:

Stay home in isolation until it has been 10 days AND their symptoms are resolving and are fever-free for at least 24 hours. If they receive a negative COVID-19 test they may return to school 24 hours after fever-free and symptoms are resolving



ALASKA SMART START 2020

WHEN TO QUARANTINE



The following definitions are from Health Mandate 10 and are effective August 11, 2020, and remain in effect until the Governor rescinds this mandate:

Self-quarantine:

- Self-quarantine is required for residents returning from out of state travel while waiting for the results of your first molecular-based test for SARS-CoV2. If you arrive in Alaska with a negative test taken within 72 hours of departure to Alaska you do not need to self-quarantine, but must follow strict social distancing requirements **including not entering a school building.** (see Strict Social Distancing definition below).
- Proceed directly to your designated self-quarantine location. Remain in your designated self-quarantine location for a period of 14 days, or the duration of your stay in Alaska, whichever is shorter.
- If someone else is at your location, you must comply with strict social distancing guidelines, including maintaining at least six feet away from others, and frequently cleaning surfaces.

Strict Social Distancing:

- Strict social distancing is allowed after you have one negative test result from a test taken within 72 hours of departure or on arrival into Alaska.
- You may be in an outdoor public place, but you must remain six feet away from anyone not in your immediate household, and you must wear a face covering. You may arrange curbside shopping or have food delivery.
- You cannot enter restaurants, bars, gyms, community centers, sporting facilities (i.e., ice rinks, gymnasiums, sports domes), office buildings, school or daycare facilities. Do not participate in any group activities, including sporting events and practices, weddings, funerals, or other gatherings.
- This 14-day window can be shortened by receiving a negative result from a molecular-based test for SARS-CoV2 test taken between 7-14 days after arrival into Alaska.

QUARANTINE PROTOCOL

**CONFIRMED
COVID-19 CASE**

**CLOSE CONTACT
TO COVID-19 CASE**

**CONTACT OF
A CONTACT**



- 1** Individual #1 has tested positive for COVID-19. Contact tracing is performed to identify any close contacts. Close contacts are notified.
- 2** Individual #2 has been notified that they are a close contact and have been exposed to COVID-19. Individual #2 must quarantine for 14 days.
- 3** Individual #3 has been in close contact with someone who has been exposed to COVID-19. Individual #3 is not considered a close contact. A contact of a contact does not need to quarantine.



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