



COVID-19 Parent Reference Guide

Exposed to COVID-19



Cannot go to school

- Exposure is defined as **close contact** within 6 feet to a positive COVID-19 person for 15 cumulative minutes regardless of mask usage.
- An exposed student must **quarantine for 10 days** and monitor for symptoms.* A student may not end quarantine any earlier with a negative test.
- Quarantine is NOT required for a student **previously positive** for COVID-19 if verified test results can be provided indicating positive infection within 90 days.
- Quarantine is NOT required if a student remains **asymptomatic** and submits verification that he/she meets the CDC criteria established for being considered **fully vaccinated** for COVID-19.
- In all cases, if symptoms develop during quarantine, the student must follow the guidance for someone "Symptomatic for COVID-19" above.

Symptomatic for COVID-19



Cannot go to school

- If the diagnosis is something other than COVID-19, (e.g. stomach virus, ear infection, sinus infection) follow the normal school illness policies.
- The student should remain home until symptoms improve and when fever free for 24 hours without the use of fever reducing medication.
- If a COVID-19 test is taken, stay home while awaiting the test results.
- If a student is sick or has symptoms associated with COVID-19, a medical doctor's note or negative COVID-19 test result is required to return to school.

Positive for COVID-19



Cannot go to school

- If Asymptomatic, stay home for **10 days** since the first positive COVID-19 test provided symptoms do not develop during the isolation period.
- If Symptomatic, stay home for **10 days** since the onset of the first symptom. Remain home until fever free for 24 hours without the use of fever reducing medication and symptom improvement.
- The school will coordinate with the local health department to determine return date to school.**
- A medical doctor's note or letter from the health department indicating safe return date is required to return to school.

* The CDC generally recommends a close contact should quarantine for 14 days after exposure. However, to reduce the time a student is away from in-person learning, schools can follow the guidance of the local health department to implement the option to reduce quarantine time as proposed by the CDC. The Diocese of Orlando follows a time-based strategy for quarantine.

** In the event a school has a positive case of COVID-19, staff members and parents of those individuals exposed will be notified as soon as possible. The school will consult with the Diocese of Orlando and the local health department for guidance and directives. The nature of the circumstance will determine if a school closure is necessary and the length of closure; each situation is unique and will be addressed accordingly.