



## **Students, Staff, and Volunteers**

# **What to do if you test positive for COVID-19**

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- 1. Report** the student or staff/volunteer case as soon as possible using one of the forms below:

Students: [bit.ly/StudentCOVIDCase22-23](https://bit.ly/StudentCOVIDCase22-23)

Staff/Volunteers: [bit.ly/StaffCOVIDCase22-23](https://bit.ly/StaffCOVIDCase22-23)

- 2. Stay home and isolate from others** for at least 5 days.

- How to count isolation days:
  - Day 0 is the day symptoms began or
  - Day 0 is the date of positive test (if no symptoms)
  - Day 6 is earliest date of return
- Wear a well-fitting mask if you must be around others. A multilayer surgical, KN95, or N95 mask is best.
- Resource: CDC [What To Do When You Are Sick](https://www.cdc.gov/what-to-do-when-you-are-sick/) - detailed information on managing symptoms and when to seek medical attention

- 3. Return to school on day 6 if symptoms are significantly improved and you are able to wear a tight-fitting mask on days 6-10.** A multilayer surgical, N95, or KN95 mask is best.

- We strongly encourage you to test again on day 5, using a rapid antigen test.
  - If negative, and no fever for 24 hours without fever-reducing medication and symptoms improving, end isolation. Wear a mask as noted above.
  - If positive, continue isolating until a negative test result is received OR day 10. Return to school on day 11.
- If you had moderate illness, such as shortness of breath, or severe illness (were hospitalized), or you are immunocompromised, you may need to isolate for 10 days. Discuss with your healthcare provider when it is appropriate for you to end isolation.

Questions? Contact your school nurse or healthcare provider.

Additional resources: [washtenaw.org/coronavirus](https://washtenaw.org/coronavirus), [HealthyKids.org](https://HealthyKids.org).