

# Crest Memorial School Covid Guidelines- Staff & Families

1/14/22

## Covid symptoms

Covid symptoms are varied and can be mild  
Test or...Isolate for 5 days  
Return if negative, no fever for 24 hours and symptoms improve  
\*\*\*all siblings must quarantine until covid results are known\*\*\*

## Covid/illness symptoms develop at school

A Covid test will be performed in school and parents will be notified of results and follow up needed, unless parents want to opt out of testing at school. Opting out of testing must be in writing. To opt out, please email our school nurse at [ksorensen@crestmem.edu](mailto:ksorensen@crestmem.edu)

## COVID positive

Isolate for 5 days  
If symptoms resolve, return day 6  
Daily assessment by the school nurse days 6-10  
Wear a well fitted mask at all times- those that cannot must isolate for 10 days  
Eat separately days 6-10  
Grades 1-4 will eat in the library  
Grades 5-8 will eat in Mason's Room  
May not participate in extracurricular activities days 6-10  
If symptoms persist beyond 5 days,  
continue to isolate until symptoms resolve or 10 days

## COVID positive, no symptoms

Same as above but:  
\*\*If symptoms develop within one week, restart isolation for 5 days starting on symptom onset\*\*

## Exposure- Do Not need to quarantine

Age 18 and older-fully vaccinated with booster; Age 5-17 vaccinated; Confirmed covid + in the past 90 days  
Wear a well fitted mask- those that cannot must quarantine  
Monitor for symptoms for 10 days  
Get tested 5 days after exposure- can be on your own (no home test) or school  
Can attend after school activities, but must wear a mask  
Immediate quarantine if any symptoms develop

## Exposure- Need to quarantine

Age 18 or older without a booster; Unvaccinated; Vaccinated but develop symptoms  
Quarantine for 5 days after last close contact, return on day 6 if no symptoms and negative test (done at school)  
Daily assessment by nurse days 6-10  
Wear well fitted mask at all times- those that cannot must quarantine for 10 days  
If any symptoms develop, isolate immediately and get tested  
Test to Stay if tests are available: no quarantine, attend school and get tested every other day  
Can attend after school activities, but must wear a mask.  
**\*\*\*Household contacts:** If positive can isolate for 5 days, then the exposed isolates an additional 5 days (10 total). If positive and **can not** isolate, then exposed must isolate for 5 days on top of the 10 for the positive (15 total). A mask must be worn after each isolation above for 5 days.

\* When mask wearing (days 6-10) is required, but can't be followed, the individual must instead isolate days 6-10.

\*\*If exposed, fully vaccinated individuals do not have to isolate if they are within 2 months of the Johnson & Johnson or 5 months of the 2nd dose of Pfizer or Moderna