

RSU 25 Guidelines for COVID in K-12 Settings FY 2023

(Guidelines aligned with Federal CDC Guidance)

People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, **should stay home**. Testing is recommended for people with [symptoms of COVID-19](#) as soon as possible after symptoms begin.

People who have **known or suspected exposure to COVID-19** should also wear a well-fitting mask or respirator around others for 10 days from their last exposure, regardless of vaccination status or history of prior infection.

Students or staff who come to school with [symptoms](#) or develop symptoms while at school or an ECE program should be asked to wear a well-fitting mask or respirator while in the building and be sent home and encouraged to get tested if testing is unavailable at school.

If you **test positive for COVID-19**, stay home for at **least 5 days and isolate yourself from others** in your home. You are likely most infectious during these first 5 days.

- [Wear a high-quality mask](#) if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving
- Continue to wear a mask around others for 5 additional days.

If you still have fever or your other symptoms have not improved, continue to isolate until they improve.