

# Responding to COVID-19 Symptoms and Illness

(With no known exposure to COVID -19)



**Experiencing COVID-19 Symptoms:**

**Watch for symptoms**  
People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

**STAY HOME!**  
Call your doctor and notify the school nurse

**School Nurses**  
Michaelyn Bellelo , RN

**TEST NEGATIVE OR DOCTOR ADVISES NO TEST**

**TEST POSITIVE FOR COVID-19**

Amy Johnson, RN  
[nurses@alloysius.org](mailto:nurses@alloysius.org)

**Stay Home**

- Check your temperature twice a day
- Must be symptom free and fever-free without medication for 24hrs

**Isolate (all criteria must be met)**

- 10 days since symptoms first appeared
- Must be symptom free and fever-free without medication for 24 hours

If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

**RETURN TO SCHOOL**

- Notify the school nurse

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- Must have a doctor’s note to return to school
- Notify the school nurse

# Responding to Known Exposure of COVID-19

Individual who has had close contact  
( $< 6$  feet) for  $\geq 15$  minutes\*

\* Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure, but 15 minutes of close exposure can be used as an operational definition. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the infected person cough directly into the face of the exposed individual) remain important. - <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>



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## Quarantine

- Stay home until 14 days after your last contact
- Check your temperature twice a day
- If possible, stay away from people who are at high risk for getting very sick from COVID-19

## Isolate (all criteria must be met)

- 10 days since symptoms first appeared
- Must be symptom free and fever-free without medication for 24 hours

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

## RETURN TO SCHOOL

- Notify the school nurse

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- Must have a doctor's note to return to school
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