

## **Isolation**

As of now, Regina will be following the guidance from Johnson County Public Health (JCPH) regarding isolation/quarantine. Individuals who test positive for COVID-19 will treat Day 0 as the first day of symptoms or a positive viral test. **Day 1 is the first full day after symptoms develop or the test specimen was collected.** Individuals with laboratory-confirmed COVID-19 or who have symptoms must isolate for at least 5 days and adhere to the following guidance:

- Stay home for five days.
- Individuals who are asymptomatic or whose symptoms are resolving after five days can return to school on day six.
- If fever persists, continue to stay home until the fever resolves and the individual has been fever-free for 24 hours without the use of fever-reducing medications.
- The same protocols apply for both vaccinated and unvaccinated individuals testing positive for COVID-19.

Students and staff should follow these stay-at-home guidelines when ill.

### **Individuals should stay home when any of these symptoms exist:**

- New Cough
- Shortness of Breath or Difficulty Breathing
- New Loss of Taste or Smell
- Fever (temperature of 100.4 degrees Fahrenheit or higher)
- Vomiting
- Diarrhea

**-OR-**

### **Two or more of these symptoms exist:**

- Headache
- Muscle and Body Aches
- Fatigue
- Sore Throat
- Runny Nose
- Congestion
- Nausea

**-OR-**

- An individual has been tested for COVID-19 and is waiting for the test results.

**THEN:**

- Notify the school of your absence.
- Contact your health care provider to determine if you should be tested for COVID-19 based on your symptoms.

**Quarantine**

At this time, Regina will no longer require quarantine when an individual is exposed to a COVID-19 positive individual at school. As such, contact tracing will no longer be conducted within our schools when positive COVID-19 cases are identified; however, Regina will send an exposure notification to PK-6 families when a positive case surfaces in a classroom through April 1. An evaluation of this practice will take place in late March to determine if exposure letters will continue past April 1. The exposure message will come through JMC.

Those who have been exposed to a COVID-positive individual in their home and are fully vaccinated and boosted (for those eligible), are not required to quarantine. However, it is recommended to wear a mask around others for ten days, monitor for symptoms, and be tested for COVID-19 on day five. Unvaccinated individuals who have household exposure to someone with COVID-19 are advised to follow the protocols below. The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.**

- Stay home for five days.
- If possible, take a COVID-19 test on day five.
- If symptoms develop, get a test and continue to stay home.
- If no symptoms exist after five days, individuals can return to school on day six.
- **Please Note:** The above bullets also apply to vaccinated individuals who are eligible for the booster but have not yet received it and those that have not fully completed the initial vaccination process (individuals that have received one of two doses).