



Safely Returning to Pine Cobble School Following Illness/Exposure Action Plan

How will members of the Pine Cobble community safely return to school after they are sick?



If a person is **POSITIVE** for COVID-19 with or without symptoms



They must stay home until:



They have isolated for 10 days from the date of their COVID-19 test result or onset of symptoms. No symptoms no fever for 24 hours and feeling well without medication.

If a person is **symptomatic**



They must stay home until:



Stay at home for 24 hours from date of negative COVID-19 test or physician note. Return to school only when symptom-free and feeling better without medication.

If a person has been in contact with a **CONFIRMED** case of COVID-19



They must stay home until:



14 days after their last day of contact with a person who has COVID-19. Even if they test negative for COVID-19 and feel healthy, they must stay home (quarantine).

COVID Positive Household Member



They must stay home until:



14 day quarantine starts 10 days after COVID-19 positive household member symptom on set or COVID-19 positive test. Total of a minimum of 24 days.

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:^{6 7}

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Travel risk issues are extremely complex. We discourage travel outside our service area.

Also for further information, please check the Protocols for Responding to COVID-19 Scenarios, July 17, 2020 (Updated September 14, 2020). To access this link, please hover over the title above.