2021/2022 COVID-19 ILLNESS PROTOCOL GUIDE

DO: Stay home if experiencing <u>any</u> illness symptoms! Seek medical advice and COVID-19 testing if experiencing <u>suspected</u> symptoms of COVID-19 (see below). If symptoms of illness do <u>not</u> meet the definition of a suspected case, but the symptoms persist after 48 hours, it is recommended that you seek medical advice.

DO: If COVID-19 positive, we respectfully request you contact your child's school or BPS work supervisor so we can provide an electronic exposure notice to potential close contacts. No names will be released in these notices.

DON'T: Dismiss mild symptoms as "just a cold" or allergies!

DON'T: Attend school or work if identified as a "close contact" to someone who has tested positive for COVID-19 until the quarantine requirements are complete <u>OR</u> if you have developed symptoms during quarantine. If any symptoms occur seek medical advice and testing.

- **If not vaccinated and identified as a "close contact":** Follow all quarantine instructions from your healthcare provider and Riverstone Health before returning to school or work. Early quarantine release options only apply if **<u>symptom free</u>**.
- **If fully vaccinated:** May attend school and monitor closely for symptoms. If any symptoms develop, seek medical advice and testing and do NOT attend school.
- For more information please visit: https://covid.riverstonehealth.org/

Suspected symptoms of COVID-19, until otherwise confirmed with a negative test result:

Any ONE symptom: **OR**	• **Cough (new or unexplained)** • **Shortness of breath or difficulty breathing** • **Temperature greater than or equal to 100.4 or chills (change in protocol from 2020/21 School Year)** • **New loss of taste or smell (frequently smell familiar scents to screen for loss of smell- loss of smell may occur with or without loss of taste)**
Any TWO symptoms:	• **Muscle or body aches** • **Headache** • **Sore throat** • **Nausea or vomiting** • **Diarrhea** • **Fatigue** • **Congestion or runny nose (new or unexplained)**

REQUIREMENTS FOR INDIVIDUALS WITH <u>'SUSPECTED SYMPTOMS'</u> TO RETURN TO SCHOOL/WORK:

- **If COVID-19 test result is negative:** Medical documentation of the negative result, remain fever free for 24 hours without the use of fever-reducing medication, and symptoms must improve (back to usual health).
- **If COVID-19 test result is positive:** Follow all guidelines and requirements from your healthcare provider and Riverstone Health for ending isolation. Provide a copy of *Release From Isolation* letter to school office; staff to HR department.
- **If you decide not to seek testing**: Remain home for 10 days from the first day of symptoms. To return to school or work, must remain fever free for 24 hours without the use of fever-reducing medication, and symptoms must improve (back to usual health).

REQUIREMENTS FOR INDIVIDUALS WITH <u>SYMPTOMS OF ILLNESS THAT DO NOT MEET THE DEFINITION OF A 'SUSPECT CASE'</u> TO RETURN TO SCHOOL/WORK:

- Must remain fever free without the use of fever-reducing medications, symptoms must improve (back to usual health), and must be without vomiting or diarrhea for 24 hours before returning to school or work.

Resource:
https://covid19.mt.gov/_docs/Outbreak%20Response%20Protocols%20K-12.pdf
https://dphhs.mt.gov/assets/publichealth/CDEpi/DiseasesAtoZ/2019-nCoV/SchoolsAddendumUpdated05242021.pdf

8/17/2021 RC, RN