

# Low Risk Test and Return

Wearing cloth face masks not only helps prevent people from spreading COVID-19, it will also shorten the required quarantine period. A student, teacher, or staff member who was exposed at school to someone who tested positive for COVID-19 may return to work at school or in-person learning if he or she meets **ALL** of the following:

- Both the person who tested positive and the individual (student, teacher, or staff member) who was exposed (within 6 feet for 15 minutes or longer) were wearing face masks at the time of exposure; and,
- The individual waits at least 7 days prior to submitting to a COVID-19, PCR or antigen test (not an antibody test); and,
- The test results are negative; and,
- The individual submits the written results of the test to the school principal or administrator; and,
- The student, teacher, or staff member does not have symptoms of COVID-19.
  - COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

If the student, teacher, or staff member who was exposed meets ALL the above criteria he or she may return to work, school or related activities, if the employee or the parents of the student choose. If the person does not meet ALL of the above criteria or chooses not to get tested, he or she must quarantine at home for 14 days from the last day of exposure.

Anyone who has been exposed to COVID-19 and comes back to school must continue to watch for symptoms. If employees or students exhibit symptoms, they should isolate at home and call their healthcare provider.

These guidelines only apply to exposures that occur at school.