

COVID-19 Guidelines for K-12 Settings

Overview

- Universal mask requirements, surveillance testing, and contact tracing are no longer recommended
- Those who choose to wear a mask should be supported in this decision. Masking is not required while eating, drinking, or while outdoors
- A rapid (at-home) test is preferred to a PCR in most situations
- To count isolation days, Day 0 is the first day of symptoms OR the day of the positive test (whichever is earlier)

Symptomatic Individuals

- Will be sent home and can return when:
 - Fever free for 24 hours without the use of fever reducing medications
 - A COVID-19 test is negative
 - Symptoms are mild
 - A medical professional makes an alternative diagnosis
- If the initial COVID-19 test is negative, repeat testing is recommended within 48 hours

Symptoms of COVID-19

- Fever ($\geq 100^{\circ}\text{F}$) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Headache (*when in combination with other symptoms*)
- Sore throat (*when in combination with other symptoms*)
- New loss of taste or smell
- Cough (not due to other known causes)
- Nausea, vomiting, or diarrhea (*when in combination with other symptoms*)
- Fatigue (*when in combination with other symptoms*)

Isolation

- staff/students who test positive must isolate for at least 5 days, followed by 5 days of mask wearing
- If a COVID test on or after day 5 is negative, masking is not required
- Families should call their child out of school through the main office/attendance line. The school nurse will no longer be tracking cases

Post-exposure guidelines

- Quarantine at home following exposure is **no longer required** *unless you are symptomatic*
- Take a rapid, at home test 6 days following exposure
- Wear a mask for 10 days following exposure (unless unable to do so)

Information obtained from MA Department of Public Health [website](#)