


COVID-19 ISOLATION AND QUARANTINE GUIDANCE

<p>I'm COVID Positive</p>	<p>If under 2 years of age, unable to mask,</p> <ul style="list-style-type: none"> • Notify SLCH of positive status by emailing Covid@stlch.org. • Isolate for 10 days after positive test due to being unable to mask; <i>Day 0 is date of positive test</i>. • Leave isolation Day 11. <p>OR</p>	<p>If 2+ years of age, able to mask,</p> <ul style="list-style-type: none"> • Notify SLCH of positive status by emailing Covid@stlch.org. • Isolate for 5 days; <i>Day 0 is date of positive test</i>. • Take antigen test Day 6. • <u>If test is positive</u>, isolate 'til Day 10; leave isolation Day 11; and notify SLCH of positive status by emailing Covid@stlch.org. • <u>If test is negative and symptoms have improved</u>, may leave isolation but continue to wear a mask around others through Day 10. 	<p>Note regarding future exposures,</p> <ul style="list-style-type: none"> -If exposed and without symptoms within 30 days or less, you do not have to test again. -If exposed and with symptoms within 30 days or less, you must retest with an antigen test. -After 30 days, you must retest after exposure and/or with symptoms.
<p>I have COVID symptoms</p>	<p>Stay Home Until:</p> <ul style="list-style-type: none"> • You take a test and get results; PCR or rapid antigen will be accepted. <i>This applies to all regardless of vaccination status.</i> • Notify SLCH by emailing Covid@stlch.org. • Review symptoms & testing information in red box. 	<p>If Positive,</p> <ul style="list-style-type: none"> • Follow "I'm COVID Positive". <p>OR</p>	<p>If Negative,</p> <ul style="list-style-type: none"> • Stay home until fever free for 24 hours and symptoms have improved, then leave quarantine. • Notify SLCH of negative status by emailing Covid@stlch.org.
<p>I have been identified as a close contact to someone who is not in my household</p>	<p>If unable to mask (under 2 yrs),</p> <ul style="list-style-type: none"> • Notify SLCH of exposure by emailing Covid@stlch.org; if exposed at SLCH, you'll be notified. • Day 0 is date of last exposure; watch for symptoms. You do not have to isolate. • Take PCR/antigen test Day 6; see testing information in red box. • <u>If test is positive</u>, follow "I'm COVID Positive". • <u>If test is negative and you are symptom free</u>, send results to Covid@stlch.org. <p>OR</p>	<p>If able to mask (2+ yrs),</p> <ul style="list-style-type: none"> • Notify SLCH of exposure by emailing Covid@stlch.org; if exposed at SLCH, you'll be notified. • Day 0 is date of last exposure; wear a mask, watch for symptoms. You do not have to isolate. • Take PCR/antigen test Day 6; see testing information in red box. • <u>If test is positive</u>, follow "I'm COVID Positive". • <u>If test is negative and you are symptom-free</u>, send results to Covid@stlch.org and mask through Day 10. 	
<p>I have been identified as a close contact to someone who is in my household</p>	<p>If unable to mask (under 2 yrs),</p> <ul style="list-style-type: none"> • Notify SLCH of exposure by emailing Covid@stlch.org. • Day 0 is date of household contact's test; if new household contact tests positive, restart calculations for Day 0. You do not have to isolate. • Take PCR or antigen test Day 6; see testing info in red box. • <u>If test is positive</u>, follow "I'm COVID Positive". • <u>If test is negative and you remain symptom-free</u>, send results to Covid@stlch.org. • Household contacts may test again 5 full days after the end of the contact's isolation. Please send results to Covid@stlch.org. <p>OR</p>	<p>If able to mask (2+ yrs)</p> <ul style="list-style-type: none"> • Notify SLCH of exposure by emailing Covid@stlch.org. • Day 0 is date of household contact's test; if new household contact tests positive, restart calculations for Day 0. You do not have to isolate. • Take PCR or antigen test Day 6; see testing info in red box. • <u>If test is positive</u>, follow "I'm COVID Positive". • <u>If test is negative and you remain symptom-free</u>, send results to Covid@stlch.org and mask through Day 10. • Household contacts may test again 5 full days after the end of the contact's isolation. Please send results to Covid@stlch.org. 	

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WHERE SHOULD I GET TESTED?

We recommend the below; click link for more details:

[Nashville Office of Emergency Mgt sites](#)

or

[TDS Labs](#)

WHERE DO I SEND MY TEST RESULTS?

Both staff and preschool students' test results should be emailed to Covid@stlch.org. Please send all Covid-related communications to this one email address.

NOTE RE RAPID TESTS: If sending results from a rapid self-test, write full name and test date in pen on test card.

WHO DOES NOT HAVE TO QUARANTINE?

Children and staff who come into close contact with someone with COVID do not need to quarantine, but rather follow the testing guidance as outlined.

COVID SYMPTOMS:

- Fever of 100.4 or higher
- Chills
- New Cough or Difficulty Breathing
- Fatigue
- Runny or Stuffy Nose
- Diarrhea
- Vomiting
- Body Aches
- Headache
- Sore Throat
- New Loss of Taste or Smell

WHAT IS A CLOSE CONTACT?

A close contact is someone who was less than 6 ft away from an infected person for a cumulative total of 15+ min or more over a 24-hr period, within 24 hours of the positive individual's test.

WHAT IS A HOUSEHOLD CONTACT?

A household contact as an individual who shares any living spaces with a case, including bedrooms, bathrooms, living rooms, kitchens, etc. If the contact can separate from the case within the home, then they can follow the non-household guidance. To separate, the case 1) should never be in the same room as household members, 2) should not share plates, cups, dishes, or phones with household members, and 3) should have their own bathroom (or conduct daily bathroom cleaning).

DOES THIS GUIDANCE CHANGE ANY OTHER CAMPUS POLICIES RELATED TO COVID?

All guidance within this "Isolation and Quarantine Guidance" document is directly related to positive and potentially positive cases; all other campus COVID protocols remain in-place, including efforts such as masking and symptom checking.



Thank you for doing your part
to keep our campus safe, healthy,
and operational!