



Exposure to COVID-19

This handout provides general information about what to do if you are exposed to COVID-19. DMPS will continue to monitor school / community conditions and provide additional information as needed.

Individuals who are exposed to a positive person in a household have an increased risk of infection. Here is a list of other [factors affecting exposure risk](#).

We are providing the following information to help reduce the spread of COVID-19:

- **ALL exposed individuals should wear a well-fitting mask when around others at home and in public for 10 full days.** Take additional precautions when around [people at high risk of getting very sick](#).
 - Masking helps reduce the risk you pose to others.
 - Masking continues through day 10 regardless of test result. See [CDC exposure guidance](#).
- **Monitor for symptoms.** Individuals may develop symptoms that range from very mild to severe. Some people develop no symptoms but may still spread the infection to others.
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- **If you develop symptoms, get tested immediately and stay home. Notify your school nurse.**
 - If the result is positive, isolate at home. See [CDC isolation guidance](#).
 - If no symptoms develop, consider testing at least 5 days after your last exposure and continue to mask through day 10.
 - If a rapid (antigen) test is negative, the [FDA recommends](#) repeating the test in 48hrs.
 - Testing is available through [Nomi Health](#) or various sites throughout the [community](#).
- If the exposure is in your household, [improving the ventilation](#) in your home and following these [care tips](#) may help reduce the risk.

If you have questions, please talk with your health care provider or school nurse.

The CDC recommends indoor masking when [community levels](#) are high and for persons at [high risk of getting very sick](#). Vaccines are all available for all ages 6 months and older. Staying up to date on [COVID-19 vaccines](#) provides important protection against severe illness, hospitalization, and death. Contact your healthcare provider or visit immunizepolk.com for more details. Please help keep our school community safe.