



You've Tested Positive

Thank you for telling us you've tested positive for COVID-19. We appreciate your efforts to help keep our school community safe.

****If you have severe symptoms of illness at any time, please seek immediate medical care.****

Per CDC and IDPH, everyone who tests positive for COVID-19, must stay home to limit the spread:

- **Day 0 is the first day of symptoms or test date if symptoms never develop.**
- **Stay home and separate from others for 5 full days. Wear a mask if you must be around others.**
- **If you have no symptoms or symptoms have improved after 5 days, you can leave your house.**
 - Continue to stay home additional days if you have ongoing symptoms or fever. Those with moderate or severe illness should isolate 10 full days.
 - Do not include loss of taste or smell – these may continue for weeks or months.
- **Continue to [wear a well-fitting mask](#) around others at home and in public for 5 additional days (days 6-10) and stay away from [people at high risk of getting very sick](#).**
 - Duration of mask use after home isolation may be shortened if two rapid (antigen) tests taken 48hrs apart are negative. Take the first test on day 6, repeat on day 8, etc. Continue to mask around others until two sequential negatives are received. See [CDC isolation guidance](#).
 - **Individuals unable or unwilling to mask through day 10 (lunch excepted) must stay home or use the test-based strategy to shorten mask use. Contact the school nurse.**
- If symptoms return or worsen, restart isolation and contact your healthcare provider or school nurse.

Day 0 (onset or test date): _____ Isolate at home through day 5: _____

If symptoms have improved, return to school as early as day 6: _____

If symptoms are ongoing, continue to stay home longer and notify attendance of absence.

Wear a mask around others through day 10: _____

No mask or significant illness? Isolate at home 10 full days and return day 11: _____

The following steps may reduce the risk to others in your household:

- The positive person should remain separate from others in the home as much as possible.
- Due to the [exposure](#), ALL people in the household should wear a well-fitting mask around others at home and in public for 10 days and monitor for symptoms.
 - **If symptoms develop, stay home and [test](#). If no symptoms, test at least 5 days after exposure.**
- [Improve the ventilation](#) in your home if possible and follow these [care tips](#).

If you have questions, please talk with your healthcare provider or the 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.