

**\*\* As of 5/10/22: Due to the school district's constant changes to the COVID-19 protocol, some of the information in this FAQ may not be completely accurate. If you report your student in sick, they will be entered into SDUSD's COVID-19 tracker, and **someone from the school district will be in contact with you with specific steps on what to do.****

**We at the attendance office just ask that you specify your student's symptoms when you call them in "sick" or "not feeling well". Thank you.**

\*\* Updated 5/10/22: Boxes [5](#) & [11](#) for updates regarding Rapid Antigen/at-home tests.

\*\* Updated 3/16/22: Boxes [5](#) & [11](#) for updates regarding Rapid Antigen/at-home tests.

Please refer to our FAQ first before contacting the front office or the health office.

<p><b>1. How do I report an absence?</b></p>	<p><b>Phone #:</b> (858) 302-3600  <b>Email:</b> <a href="mailto:mmhsattendance@sandi.net">mmhsattendance@sandi.net</a></p> <p>Whether you call or email, please provide the following:</p> <ul style="list-style-type: none"> <li>• Student Name:</li> <li>• Student ID #:</li> <li>• Parent/Guardian Name:</li> <li>• Parent/Guardian Phone #:</li> <li>• Date:</li> <li>• Symptoms:</li> <li>• Date illness/symptoms began:</li> </ul>
<p><b>2. What are considered symptoms of COVID-19?</b></p>	<p><b>Symptoms include*:</b></p> <ul style="list-style-type: none"> <li>• Fever with or no chills &gt; 100.0F</li> <li>• Cough</li> <li>• Shortness of breath</li> <li>• Nasal congestion/Rhinorrhea (Runny Nose)</li> <li>• Sore Throat</li> <li>• Nausea/Vomiting/Diarrhea (with Stomachache**)</li> <li>• Fatigue</li> <li>• New Loss of Taste/Smell</li> <li>• Headache***</li> <li>• Muscle/Body Aches</li> <li>• Poor Feeding or Poor Appetite</li> </ul>

	<p>*Any cold/flu-like symptoms are considered COVID-19 symptoms.</p> <p><b>**If your student has a stomachache, please specify if there are any additional symptoms.</b></p> <p><b>***If your student has a headache, please specify the cause.</b></p> <p><b><u>(SEE BOX #8 for symptoms unrelated to COVID.)</u></b></p>
<p><b>3. What do I do if my student tests positive with symptoms?</b></p>	<p><b>Step 1:</b> Contact the attendance office.</p> <p><b>Step 2:</b> According to <a href="#">the Symptom and Isolation Tree for K-12 Schools</a>:</p> <ul style="list-style-type: none"> <li>• Isolate at home for 5 days from onset of symptoms.</li> <li>• Return on <u>DAY 6</u> with a negative test taken on Day 5 or later (rapid antigen test is accepted); AND symptoms have resolved (24 hours fever-free without use of medication).</li> <li>• If unable to provide a test result, they must complete a 10-day isolation and return on <u>DAY 11</u>.</li> </ul> <p><b>Step 3:</b> On your student's return date, have them check in at the health office before class for a clearance pass.</p>
<p><b>4. What do I do if my student tests positive with NO symptoms?</b></p>	<p><b>Step 1:</b> Contact the attendance office.</p> <p><b>Step 2:</b> According to <a href="#">the Asymptomatic Positive Decision Tree</a>:</p> <ul style="list-style-type: none"> <li>• Isolate them at home for 5 days from date tested positive.</li> <li>• Return on <u>DAY 6</u> with a negative test taken on Day 5 or later (Rapid Antigen/at-home test accepted); AND symptoms have resolved (24 hours fever-free without use of medication).</li> <li>• If unable to provide a test result, they must complete a 10-day isolation and return on <u>DAY 11</u>.</li> <li>• If symptoms develop during isolation, please follow the <a href="#">Symptom and Isolation Decision Tree</a>, as stated above.</li> </ul>

	<p><b>Step 3:</b> On your student's return date, have them check in at the health office before class for a clearance pass.</p>
<p><b>5. What do I do if my student has symptoms but tests negative?</b></p>	<p><b>Step 1:</b> Contact the attendance office.</p> <p><b>Step 2:</b> According to <a href="#">the Symptom and Isolation Tree for K-12 Schools</a>:</p> <ul style="list-style-type: none"> <li>● Isolate at home.</li> <li>● In order to return to school, your student must either: <ul style="list-style-type: none"> <li>○ Have a negative PCR test, OR</li> <li>○ Have <b>2</b> negative Rapid Antigen/at-home tests, <b>taken within 12 hours of each other.</b> <u>Must present 2 proofs of a negative Rapid Antigen/at-home test.</u></li> <li>○ AND symptoms must be resolving (24 hours without medication).</li> </ul> </li> </ul> <p><b>Step 3:</b> On your student's return date, have them check in at the health office before class with proof of a negative result for a clearance pass.</p>
<p><b>6. What do I do if my student is a close contact and the exposure happened at school?</b></p>	<p>If your student is <b>FULLY vaccinated and has NO symptoms</b>, quarantine is not required.</p> <ul style="list-style-type: none"> <li>● Please have them show their vaccination card to the health office before class for clearance.</li> </ul> <p>If they are <b>not fully vaccinated but show NO symptoms</b>, according to the <a href="#">Close Contact and Quarantine Decision Tree</a>:</p> <ul style="list-style-type: none"> <li>● They may participate in <b>Modified quarantine</b>: provide a negative test result <u>twice</u> (Rapid Antigen/at-home test kit accepted) within 24 hours of exposure/notification AND a negative result on Day 5, 6, OR 7. <ul style="list-style-type: none"> <li>○ Student must refrain from extracurricular activities in school or in a community setting until Day 8, with a negative test on/after Day 5.</li> <li>○ If unable to satisfy this requirement:</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ If student has a negative test result on/after Day 5 of exposure, quarantine for 7 days. <ul style="list-style-type: none"> <li>● Return to school on <u>Day 8</u>.</li> </ul> </li> <li>■ If no test, quarantine for 10 days and return to school on <u>Day 11</u> (only if asymptomatic).</li> </ul> <ul style="list-style-type: none"> <li>● If symptoms begin to develop, they must quarantine for 10 days from onset of symptoms. <ul style="list-style-type: none"> <li>○ Return on <u>Day 11</u>.</li> </ul> </li> <li>● When they return, please have them check in with the health office before class for a clearance pass.</li> </ul>
<p>7. What do I do if my student is a close contact and the exposure happened outside of school?</p>	<p>If your student is <b>FULLY vaccinated and has NO symptoms</b>, quarantine is not required.</p> <ul style="list-style-type: none"> <li>● Please have them show their vaccination card to the health office before class for clearance.</li> </ul> <p>If they are <b>not fully vaccinated but show NO symptoms</b>, according to the <a href="#">Close Contact and Quarantine Decision Tree</a>:</p> <ul style="list-style-type: none"> <li>● If your student has a negative test result on or after Day 5 of exposure, quarantine for 7 days. <ul style="list-style-type: none"> <li>○ Return to school on <u>Day 8</u>.</li> </ul> </li> <li>● If no test, quarantine for 10 days and return to school on <u>Day 11</u> (only if asymptomatic).</li> <li>● If symptoms begin to develop, they must quarantine for 10 days from onset of symptoms. <ul style="list-style-type: none"> <li>○ Return on <u>Day 11</u>.</li> </ul> </li> </ul>
<p>8. What if my student shows symptoms that are unrelated to COVID-19?</p>	<ul style="list-style-type: none"> <li>● If your student shows symptoms related to mental health, menstrual issues, etc., please specify that with the attendance office.</li> </ul>

	<ul style="list-style-type: none"> <li>• If your student shows symptoms due to a <u>pre-existing condition</u>, make sure that the health office has a Chronic Condition form on file, filled out by your student's doctor. <ul style="list-style-type: none"> <li>○ Please specify to the attendance office when reporting the absence.</li> </ul> </li> </ul>
9. What if my student is not feeling well due to the vaccination shots?	<ul style="list-style-type: none"> <li>• Specify with the attendance office that your student's symptoms are related to their vaccination shot(s). <ul style="list-style-type: none"> <li>○ Provide proof of their vaccination shot(s).</li> </ul> </li> <li>• A negative COVID test is <u>NOT</u> required for them to return to school. <ul style="list-style-type: none"> <li>○ They will NOT be placed under COVID protocol.</li> </ul> </li> </ul>
10. How long does my student need to quarantine?	Please refer to the appropriate case above (boxes 3-7).
11. What type of COVID test is required?	<p>In general:</p> <ul style="list-style-type: none"> <li>• <b>2 Rapid Antigen</b> <ul style="list-style-type: none"> <li>○ Taken within 12 hours of each other. <ul style="list-style-type: none"> <li>■ <b><u>2 negative results</u></b> (and resolving symptoms) are required to return to school.</li> </ul> </li> <li>○ Modified quarantine (take 24 hours within exposure, and again on Day 5, 6, OR 7)</li> <li>○ Taken on Day 5 or later for positive cases</li> <li>○ At-home quarantine</li> </ul> </li> <li>• <b>1 PCR / NAAT</b></li> </ul> <p><a href="#">Click here for more information on appropriate Test Types by situation</a></p>
12. Where can I get a COVID test?	<p><a href="#">Click this link for Rapid Antigen testing at Mira Mesa High School</a></p> <ul style="list-style-type: none"> <li>• MMHS students and staff ONLY.</li> <li>• Every Monday, 9AM – 4PM.</li> </ul>

	<ul style="list-style-type: none"> <li>• Registration needed for first time. <ul style="list-style-type: none"> <li>◦ (students must be registered by their parent/guardian.)</li> </ul> </li> <li>• No appointments needed.</li> </ul> <p><a href="#">Click this link for PCR testing in front of the Marshall's Parking Lot</a></p> <ul style="list-style-type: none"> <li>• 8150 Mira Mesa Blvd, San Diego, CA 92126</li> <li>• Appointments highly recommended.</li> </ul> <p><a href="#">Click this link for PCR/NAAT testing at the district</a></p> <ul style="list-style-type: none"> <li>• 4100 Normal Street, San Diego, CA 92103</li> <li>• NO appointments needed</li> </ul> <p><a href="#">Click this link for PCR/NAAT drive-up testing locations</a></p> <ul style="list-style-type: none"> <li>• Appointments needed</li> </ul> <p><a href="#">Click this link for more information on COVID-19, such as other testing sites, results, etc.</a></p>
<b>13. How do I provide proof of my student's at-home test results?</b>	Please label the sample with your student's name, DOB, and the date the test was taken.
<b>14. What if I'm unable to get a COVID test anywhere or do not want to get my student tested?</b>	Please have your student isolate/quarantine at home for 10 days from start of symptoms/exposure/test date and return on <u>DAY 11</u> .
<b>15. What does my student need to do when they return to school?</b>	<ul style="list-style-type: none"> <li>• Whether your student is completing their isolation/quarantine or returning with a negative test, please have them check in with the health office <u>first</u> before going to class.</li> <li>• <b>They will receive a green clearance slip to show the attendance office and their teachers.</b></li> <li>• If they are late to class because they are in line for the health office to receive their clearance pass, they will be <u>excused</u>. <ul style="list-style-type: none"> <li>◦ This will reflect on their PowerSchool attendance as</li> </ul> </li> </ul>

	either “L” or “D”. Both those codes are <u>excused</u> .
<b>16. Will my student’s absences be excused?</b>	<ul style="list-style-type: none"> <li>• COVID/illness-related absences are <u>excused</u>.</li> <li>• If you call your student in sick, they are automatically excused for the next 10 days.</li> <li>• There is no need to call in every day UNLESS they are still showing symptoms past their return date. <ul style="list-style-type: none"> <li>○ <b>Please note:</b> they will either be marked as an “I” or an “E” on their PowerSchool attendance. Those codes are both <u>excused</u>.</li> </ul> </li> </ul>
<b>17. How can my student keep up with their school work if they’re at home?</b>	Your student is responsible for emailing all their teachers for any missed school work.
<b>18. Can my student attend online school?</b>	<p>MMHS does not offer online school.</p> <p>However, you can enroll them in iHigh Virtual Academy, provided by SDUSD but separate from MMHS.</p> <p><a href="#">Click this link for more information and to access enrollment forms.</a></p> <p><b>Please note:</b> your student is still required to attend classes at MMHS until they are accepted at iHigh.</p>
<b>19. What happens if my student STARTS to show symptoms during school?</b>	<ul style="list-style-type: none"> <li>• If your student is not feeling well and/or shows any symptoms during school, they need to check out through the health office <u>first</u> before going home.</li> <li>• They cannot contact parents during class time. If they do, please let them know that you will pick them up at the health office.</li> </ul>
<b>20. What happens if my student goes to school but still has symptoms?</b>	If your student is still showing any COVID-related symptoms while they’re at school, they will be sent to the health office and must stay at home until symptoms are resolved (24 hours fever free without use of medication).

**21. Who do I contact if I have more questions or concerns pertaining to COVID-19 or other health-related issues?**

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- (858) 302-3600 ext. 3050

**Health Technician:** Joann Schmidt

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