

Laurens Marathon ILLNESS AND COVID-19 STUDENT RECOMMENDATIONS

2021-2022

It is highly recommended for all students, vaccinated or unvaccinated, to wear masks.

POSITIVE COVID

Positive with symptoms: Stay home until:

At least 10 days since symptoms first appeared AND at least 24 hours with no fever without fever reducing medication AND other symptoms are improving. Absence: excused, no Dr. note needed unless there is suspicion of manipulation.

Positive without symptoms: Stay home until:

10 days have passed following the positive specimen was collected. Absence: excused, no Dr. note needed unless there is suspicion of manipulation.

EXPOSED TO COVID

Household positive

Best practice is for all household members to stay home when there is a Positive case in the household. This is recommended.

Stay home to monitor for symptoms (can't require). Stay home through day 10 if no symptoms develop or stay home through day 5 and test after day 5. Return on post Day 5 negative test (Note: Day "zero" is the first day symptoms started)

It is HIGHLY recommended to stay home with household contacts. Household contacts are at much higher risk. **If possible, isolate from the positive COVID case in the household.**

It is recommended to wear a mask when around others thru day 14 (can't require)

Unvaccinated, asymptomatic contacts

Advise to stay home to monitor for symptoms (can't require). Stay home through day 10 if no symptoms develop or stay home through day 7. Test after day 5. (Note: Day "zero" is the first day symptoms started)

It is HIGHLY recommended to stay home with household contacts. Household contacts are at much higher risk. If possible isolate from the positive COVID case in the household.

It is recommended to wear a mask when around others thru day 14 (can't require)

Vaccinated, asymptomatic contacts

Do not need to stay home, but should monitor for symptoms through day 14.

Recommended to test 3-5 days after exposure, even if they don't have symptoms.

It is recommended to wear a mask indoors in public for 14 days following exposure or until their test is negative. Absence: not excused unless develop symptoms or positive test.

Positive in the past 3 months

Do not need to stay home, unless symptoms develop. Monitor for symptoms. Absence: not excused unless develops symptoms or a positive test.

COVID-19 TESTING OPTIONS

Individual provider can provide medical assessment and determine if you need a COVID-19 test or other test to rule out strep, sinusitis, influenza.

You can pick up a free test kit from your county public health department. Please call them first!
Pocahontas County Public Health 712-749-2548 or Cherokee County Public Health 712-225-2129.

Laurens Marathon CSD COVID-19 PANDEMIC GUIDELINES

Laurens Marathon CSD general message to families, students and staff is to stay home if you are not feeling well during the COVID-19 Pandemic. People can have a wide variety of symptoms, ranging from none to mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Students who have ANY high-risk symptom OR TWO OR MORE low risk symptoms should not come to school and are advised to seek an evaluation by a healthcare provider. If a student presents to the health office with the below symptom(s), they will be isolated until pickup and will be advised to contact their healthcare provider. They may require a note from a healthcare provider to return to school.

High Risk Symptoms: New Cough, Shortness of breath, difficulty breathing, New loss of taste or smell

Low Risk Symptoms: Fever, Fatigue, Headache, Muscle/body aches. Sore Throat, Runny Nose, Congestion, Nausea, Diarrhea, Vomiting