

COVID-19 Exposure Reference and Guidelines For TUSD Staff, Students, and Families



What is Covid-19? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Vocabulary

Close contact: A person who may be at risk of a contagious disease because of their proximity or exposure to a known case. Exact definition of close contact differs by disease; for COVID-19, the CDC defines a close contact, (with or without a face covering), as someone who has been **within less than 6 feet apart for a total of 15 minutes or more over a 24-hour period, shared household space or acted as a caregiver, had direct physical contact** by hugging, touching or kissing, shared food or beverage utensils, were sneezed or coughed upon. (Source: CDC)

Fever: A measured temperature of 100°F [38 °C] or greater per TUSD standard.

High Touch Surfaces: Countertops, tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks, and faucets.**

Home isolation: Persons with COVID-19 who have symptoms or laboratory-confirmed COVID-19 who have been directed to stay at home until they are recovered. (Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>)

Quarantine: Separates and restricts the movement of people who have had close contact with someone with a contagious disease to see if they become sick.

Physical (Social) distancing: Measures taken to reduce person-to-person contact in a given community. Measures include staying 6ft, approximately 2 arms-length, apart, not gathering in crowds, face coverings and barriers when indicated.

These **symptoms** may appear **2-14 days after exposure** (based on the incubation period)

- Fever or chills
- New or unexplained cough, sore throat, shortness of breath, or runny nose
- New or unexplained muscle aches, headache, fatigue, nausea/vomiting or diarrhea
- New or unexplained change in your sense of taste or smell

COVID-19 Testing:

- TUSD requires evidence of a negative COVID-19 test when reporting a negative test result.
- If an individual becomes sick during the school day, the health office personnel will offer COVID-19 testing.
- Persons with COVID-19 symptoms will be sent **home** regardless of test result.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake or stay awake
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

To disinfect **High Touch Surfaces at home mix a diluted bleach solution (1 tablespoon bleach to 1 quart of water) or a household disinfectant that says "EPA approved to kill COVID-19". See TUSD Governing Board Regulation EB-R2-T COVID 19

Answers to Frequently Asked Questions Related to Close Contact

If you have had contact with someone outside your household with COVID-like symptoms, you are not considered a close contact and are not recommended by the PCHD to quarantine unless the person with COVID-like symptoms tests positive.

If you have had close contact with an asymptomatic (showing no symptoms) person who has had close contact with a positive COVID-19 person you are not recommended by the PCHD to quarantine.

Continue usual mitigation practices:

- Physical distancing. Stay 6 feet apart
- Wear cloth face covering
- Frequent handwashing/ don't touch face
- Cover your cough/sneezes
- Regularly clean and disinfect high-touch

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<p>If you HAVE TESTED POSITIVE FOR OR HAVE SYMPTOMS CONSISTENT WITH COVID-19, you should:</p>	<p>If you LIVE with someone who has tested positive for <u>or</u> has symptoms consistent with COVID-19, but has NOT tested for COVID-19, you should:</p>	<p>If you HAVE HAD CLOSE CONTACT with someone who has tested positive for COVID-19, you should:</p>	<p>Information for individuals who are fully vaccinated or have tested positive for COVID-19 within the past 90 days:</p>
<p>HOME ISOLATE Stay at home until:</p> <ul style="list-style-type: none"> 10 days have passed since symptoms first began <p>AND</p> <ul style="list-style-type: none"> Your symptoms have improved <p>AND</p> <ul style="list-style-type: none"> You remain fever free for 24 hours without fever reducing medication <p>If you are COVID-19 positive and have no symptoms your home isolation is complete after 10 days have passed from the date your test was administered</p>	<p>CDC/ADHS/PCHD Recommendations: Stay at home (quarantine) until:</p> <ul style="list-style-type: none"> 10 days have passed from the date you were able to isolate from the individual you live with <p>AND</p> <ul style="list-style-type: none"> No symptoms reported <p>OR</p> <ul style="list-style-type: none"> 7 days have passed from the date you were able to isolate from the individual you live with, AND you have evidence of a negative test result on or after Day 5 of quarantine <p>AND</p> <ul style="list-style-type: none"> No symptoms reported * 	<p>CDC/ADHS/PCHD Recommendations: Stay at home (quarantine) until:</p> <ul style="list-style-type: none"> 10 days have passed from the date you last had close contact with the positive person AND no symptoms reported <p>OR</p> <ul style="list-style-type: none"> 7 days have passed from the date you last had close contact with the positive individual, AND you have evidence of a negative test result on or after Day 5 of quarantine AND no symptoms reported * <p>Definition of a CLOSE CONTACT WITH A COVID + PERSON: Exposure for a total of 15 minutes or more in a 24-hour period with</p> <ul style="list-style-type: none"> A <u>masked</u> student within 3 ft. An <u>unmasked</u> student and or staff member (masked or unmasked) within 6 ft. <p>OR</p> <ul style="list-style-type: none"> You had direct physical contact: touched, hugged, or kissed You acted as a caregiver You shared food or beverage utensils You were sneezed or coughed on or have gotten respiratory droplets on you 	<p>CDC/PCHD Recommendation: If you are fully vaccinated and are without symptoms you do not need to quarantine following a close contact.</p> <p>If you have tested positive for COVID-19 within the last 90 days and are without symptoms, you do not need to quarantine following a close contact.</p> <p>In both cases, if at any time you have symptoms consistent with COVID-19, you will need to follow column 1 of this exposure reference and guidelines.</p>
<p>If you have SYMPTOMS consistent with COVID-19 per TUSD you may return to work/school when you:</p>			<p>Pima County Health Department (PCHD) phone number and website link</p>
<p>Per TUSD Regulation, you may return to work/school when you:</p> <ul style="list-style-type: none"> Show evidence of a negative test <p>OR</p> <ul style="list-style-type: none"> Obtain a medical provider's note stating that you may return to work/school <p>AND</p> <ul style="list-style-type: none"> Symptoms have diminished and you remain fever free for 24 hours without fever reducing medication 	<p>If you continue to have close contact with the person you live with that is positive or suspected positive with no testing to determine otherwise, the PCHD will recommend next steps.</p>	<p>OR</p> <ul style="list-style-type: none"> You had direct physical contact: touched, hugged, or kissed You acted as a caregiver You shared food or beverage utensils You were sneezed or coughed on or have gotten respiratory droplets on you 	<p style="text-align: center;">PCHD</p> <p style="text-align: center;">520-724-7018</p> <p style="text-align: center;"><u>Pima County Healthy School and Childcare - Pima County</u></p>

* Additional Information
 See [Quarantine Guidelines for School Children](#)

Questions or concerns about COVID-19? Dial 2-1-1 For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/> OR www.pima.gov/covid19. Poison Control at 1-844-542-8201 should be called if an individual has COVID-19 symptoms or an individual who believes that they may have been exposed to COVID-19.