WE NEED YOUR HELP!

Daily Wellness Check

HIDOE employees, contracted service providers, visitors and students must complete a wellness check each morning before going to school or work if fully vaccinated or not. Please report any illness or COVID-19 exposure to the school or supervisor.

CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

If any symptoms of illness are present, do not go to school or work.

- Fever (higher than 100°F or hot to the touch)
- 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

Anyone with COVID-19 symptoms, even mild symptoms, should stay home from school, work and other activities. Those with symptoms who have not been tested should be tested as soon as possible.

HELP US TO KEEP OUR SCHOOLS HEALTHY AND SAFE!

Photo credit: Centers for Disease Control and Prevention.

Revised 1/7/22
Return to School/Work Criteria

<table>
<thead>
<tr>
<th>Ages 18+ Not Boosted or Fully Vaccinated Recently</th>
<th>Ages 18+ Boosted or Fully Vaccinated Recently</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partially Vaccinated</td>
<td>Moderna within 5 months</td>
</tr>
<tr>
<td>Not Vaccinated</td>
<td>Pfizer within 5 months</td>
</tr>
<tr>
<td></td>
<td>J&amp;J within 2 months</td>
</tr>
</tbody>
</table>

| Ages 5-17 Fully Vaccinated                        | Recovered from COVID-19 in the last 90 days   |

### Quarantine
- Stay home 5 days after close contact. If ongoing close contact, quarantine 5 days after the person with COVID is released from isolation.
- A well-fitting mask must be worn at school.
- Test recommended on day 5.
- Watch for symptoms 14 days after close contact.
- If symptoms develop, immediately isolate and get tested.

### No Quarantine
- A well-fitting mask must be worn at school.
- Test recommended on day 5.
- Watch for symptoms 14 days after close contact.
- If symptoms develop, immediately isolate and get tested.

### Isolate
Stay home until all of the following conditions are met:
- 5 days after symptoms first appeared or 5 days after test collection if no symptoms,
- 24 hours with no fever without use of fever-reducing medications, and
- Symptoms improved.
  - If symptoms are not improved, stay in isolation up until day 10.

A well-fitting mask must be worn at school.

### Isolate and Get Tested for COVID-19
Stay home until all of the following conditions are met:
- 5 days after symptoms first appeared or a negative test result,
- 24 hours with no fever without use of fever-reducing medications, and
- Symptoms improved.
  - If symptoms are not improved, stay home up until day 10.

A medical provider may use clinical judgment to allow return sooner than 5 days when there is low suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy or asthma).

### High Risk Activities
Activities that do not allow for masking and distancing (e.g., athletics or choir)
- Positive students may not participate in high-risk activities until 10 days after symptoms first appeared or test collection date if no symptoms.
- Student close contacts not up to date with all recommended COVID-19 vaccines and boosters for their age group must remain out of high-risk activities 10 days after the close contact.

### Mask Exemption
Individuals who are not able to wear a mask at school (e.g., mask exemption due to a medical reason) and test positive or are a close contact, must isolate or quarantine 10 days, regardless of vaccination status.

---

**Close Contact**
- with a person who has COVID-19

**Positive**
- for COVID-19 regardless of vaccination status

**COVID-19 Symptoms**
- (even mild)

---

Day zero is the day of close contact, positive test, or onset of symptoms.