



QPS Covid Guide

24 Hour Rule:

FEVER: Stay home until fever has been gone **without the aid of fever-reducing medication** for 24 hours.

Symptoms may appear 2-14 days after exposure to the virus. If you have any of these symptoms you and anyone living in your household may have COVID-19 and should stay home until the sick family member has an alternative diagnosis from a doctor, negative Covid test results, or waits 5 days after the onset of the symptoms and 24 hours fever free. If you are experiencing symptoms, please call your school nurse to inquire about testing options.

• Fever	• New loss of taste or smell
• New Cough	• New sore throat
• Shortness of breath	• Vomiting
• Fatigue from unknown cause	• Diarrhea
• Muscle or body aches from unknown cause	• Headache- new onset moderate to severe

- Test-To-Stay replaces quarantine in some cases. Ask your school nurse about Test-To-Stay options.

COVID-19 Related Absence

- Covid related sick days will come out of your sick leave unless you are able to work/teach remotely.
- If you are able to work/teach remotely while absent, please discuss this option with your building administrator. For certified staff, your room will need to be covered internally if you plan to work remotely. Working remotely would require you to work your normal hours and perform your normal job duties.
- Do not enter an absence into Aesop/Skyward if you are working remotely.
- Notify your building administrator of a Covid related absence. Your building administrator will notify Lisa Otten and Brandy Kirby.
- Send the doctor's note or note from the ACHD to Lisa Otten at BOE. If your doctor's note or note from the ACHD does not have a return to work date, you could be asked to obtain another note stating when you can return to work.

Prevention

- Frequent handwashing and/or hand sanitizer
- Cough etiquette
- Socially distancing and wearing a mask/shield
- Stay away from large gatherings
- Vaccinate!