



QPS Health 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 10 days after the onset of the symptoms and 24 hours fever free.

• Fever or chills	• New loss of taste or smell
• Cough	• Sore throat
• Shortness of breath or difficulty breathing	• Vomiting
• Fatigue	• Diarrhea
• Muscle or body aches	• Headache

- If you are tested positive for Covid-19 and have to quarantine/isolate, you will be given a letter from the ACHD or QPS Nursing Department on when you can return to work.
- If someone in your household is being tested, any QPS staff or student would be required to stay home pending the test results.
- Most of the time, if there are no symptoms, you would return 10-14 days after exposure.
- If there are symptoms, you need to quarantine 10 days after symptoms started.
- If you are a close contact, a contact tracer will reach out to you and give you guidance. **YOU CANNOT TEST OUT OF QUARANTINE** if a positive lives in your household.
 - Close contacts (no positive in the household) can come out of quarantine on day 11 if they remain symptom free.
 - Staff (not students) can come out of quarantine after a PCR (not a rapid) test is done on day 7 of quarantine and it comes back negative and they remain symptom free.
- If you are fully vaccinated, you do not have to quarantine. Each case is different, and there may not be a one size fits all answer. If questions, call your building nurse or Brandy Kirby @ 223-8700 EXT 2217.
- If you are in quarantine, you should not come into the buildings for any reason. When in doubt, call your doctor.

COVID-19 Related Absence

To enter a Covid-19 related absence please follow the steps below.

- Enter the Covid-19 related absence into Aesop or Skyward (you **MUST** be able to provide a doctor's note or note from the health department prior to your return).
- Staff will still enter Covid days for Covid related absences. These days will come out of your sick leave. Positive cases will continue to be waived days through the end of the 2020-2021 school year.
- If you are able to work/teach remotely while absent, please discuss this option with your building administrator. You will still enter your absence into Aesop or Skyward. Make sure you mark 'No Sub Needed' if you are able to work 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

updated 4/7/21