



Medical Protocols for Attending School 2022-2023

The following procedures should be taken into consideration for ANY applicable illness not restrictive of COVID-19.

When to Stay Home

If students and/or staff display any symptoms listed in the chart on page 2, they should **stay home** and monitor their symptoms, while consulting with their primary care physician. It is recommended that individuals be tested* for COVID-19.

Those who opt not to test are presumed positive and should **stay home** and isolate for 5 days.

Students and/or staff members may return to school once they are fever-free (without the use of fever-reducing medications) for at least 24 hours and other symptoms are improving. *If COVID-19 is detected, please see protocols below.*

If you opt not to test, with symptom improvement and 24 hours with no need for fever reducing medication, you may return to school **wearing a mask** on days 6-10.

What if I test positive for COVID-19?

If an individual tests positive for COVID-19, **stay home for at least 5 days and isolate** from others in your home. It is recommended to wear a high-quality mask if you must be around others at home and in public during those 5 days.

- If you have **NO** symptoms and test positive
 - You can end isolation and return after day 5 while wearing a mask for days 6-10**

- If you **HAVE** symptoms and test positive
 - You can come back after day 5 if you are fever-free (without the use of fever-reducing medications) for at least 24 hours and other symptoms are improving, while wearing a mask for days 6-10**

***NOTE:** Home tests are accepted. A photo of the results must be sent via email to info@robertfrostcharterschool.org or faxed to 603-662-0421.

****NOTE:** With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

What if a Household Contact Tests Positive for COVID-19?

If a family member tests positive for COVID-19, the student and/or staff member is no longer required to quarantine, regardless of vaccination status, if they remain symptom free.

It is recommended that they be tested 5 days after last known exposure, but it is not required for attending school.

- If you have NO symptoms and/or test negative, you can return to school.
- If you HAVE symptoms and/or test positive, you can return to school after 5 days of isolation if you are
 - Fever-free (without the use of fever-reducing medications) for at least 24 hours **AND**
 - Other symptoms are improving, while wearing a mask for days 6-10**

Possible symptoms include:

- Fever or 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