COVID QUICK REFERENCE
What Should I Do?
To Keep Schools Open & Keep Kids In School

Updated: August 20, 2021

STAY HOME IF YOU HAVE ANY SYMPTOMS. SICK PEOPLE NEED TO STAY HOME!

You must get tested for COVID if you have any of the following symptoms:

- Fever above 100.0° F, chills, or shaking chills
- Cough (not due to other known cause)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes) when in combination with other symptoms

GET VACCINATED IF YOU CAN

Vaccination is the best way to protect yourself, your family and friends, and your community. Although breakthrough infections can sometimes occur, vaccines dramatically reduce the risk of hospitalization or death. If you are not sure whether to get vaccinated, please talk with your healthcare provider.

Definition of Fully Vaccinated:
14 days have passed since you received the second dose of a 2-dose vaccine (Pfizer, Moderna) or since receiving a 1-dose vaccine (Johnson & Johnson). Any vaccine approved by the World Health Organization is accepted in CPS.

New! "TEST AND STAY" FOR UNVACCINATED CLOSE CONTACTS

In the past, if someone tested positive for COVID, quarantine would be required for all unvaccinated close contacts. CPS is now offering a way for people who are not vaccinated (including children under 12) to continue going to school, even if they have been exposed to COVID.

With parent/caregiver consent, students can come to school (and adults may come to work) as long as they agree to daily rapid antigen testing each morning for a minimum of 5 days. The test involves a non-invasive and quick nasal swab, performed in the nurse's office. If the test is negative, the student or adult may proceed with their day. If the test is positive for COVID, students must be picked up at the school as soon as possible.

If parent/caregiver consent was not received in advance, it may take several days to participate in "Test and Stay." Families are strongly encouraged to opt into CPS COVID testing. Please sign and return your child's permission slip for testing.

Please note that the Public Health Department will evaluate all possible COVID exposures. **In some instances, they may determine that quarantine is required due to specifics of the situation.**

QUARANTINE MAY SOMETIMES BE REQUIRED FOR CLOSE CONTACTS

The Public Health Department will determine whether quarantine is required. In addition, adults and students who do not opt in to "Test and Stay" must quarantine for a minimum of 7 days from the date of last exposure if you tested negative on day 5. If they do not get tested, they must quarantine for 10 days from the date of exposure (return to school on day 11).

Please note that the quarantine period may be determined to last longer than 7-10 days, for instance if COVID spreads within a family and it is difficult to fully isolate away from one another. Public health and school nurses will work with you to understand when you should be tested and when you / the student may return to school.

FULLY VACCINATED CLOSE CONTACTS

… do NOT need to quarantine or participate in "Stay and Test." However, you do need to:

- Monitor for symptoms for 14 days from the date of last exposure
- Get tested 3-5 days after exposure
- Wear a mask in all public indoor settings (not only in schools) for 14 days from the date of exposure

RETURNING FROM TRAVEL

Following are the CDC's current recommendations related to domestic or international travel.

If You are Unvaccinated or Partially Vaccinated

- Get tested with a viral (PCR) test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel (even if you test negative). You may return on the 8th day after returning home from travel if you are negative.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- In addition, for international travel, a negative COVID test is required before you may board an airplane or cross an international border.

If You are Fully Vaccinated

- Upon return, self-monitor for symptoms for 14 days and if symptoms develop, get tested.
- In addition, for international travel, a negative COVID test is required before you may board an airplane or cross an international border.

IF YOU TEST POSITIVE

Regardless of vaccination status, you must self-isolate for 10 days from the date of test. You may not return to school until ten days have passed and you have been free of symptoms including fever for 24 hours, without the use of fever-reducing medications.

CAMBRIDGE PUBLIC SCHOOLS

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