

East Windsor Public Schools School Health Services

Staff protocol

If you are sick stay home!

- People with Covid 19 have wide range of symptoms ranging for mild to severe illness. Symptoms may appear between 2-14 days after exposure to the virus. People with these symptoms may have Covid 19:
 1. Fever over 100 degrees or chills
 2. cough
 3. Shortness of breath or difficulty breathing
 4. New loss of taste or smell
 5. Chills
 6. Fatigue
 7. Muscle or body aches
 8. Headache
 9. Sore throat
 10. Congestion or runny nose
 11. Nausea or vomiting
 12. Diarrhea
- If you have **Covid 19 symptoms** at school, the nurse will assess you and determine if you must isolate and test
- Contact the school nurse in your building if you are ill at home.
- If you have difficulty breathing call 911

Vaccinated staff

You have Covid 19 symptoms

Test immediately and again 24 hours later if using a home test

- **Test negative**– Can return to school once fever free for 24 hours without the use of fever reducing medication and other symptoms have improved.
- **Test positive** - Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if you have been 24 hours fever free without fever reducing medication and when Covid symptoms are significantly improved. **Staff must wear a mask day 6 through day 10 when they return to school. It can be removed on day 11.**
- **No test** – Stay home self –isolate for 10 days since the onset of symptoms and until 24 hours have passed without a fever and the use of fever reducing medication and the improvement in all other symptoms

You have no Covid 19 symptoms but you are a close contact to a person diagnosed with Covid 19

Test required

- Test on day 5 after last exposure and test again 24 hours after first test if using a home test. – Day 0 is the day of exposure. You may remain in school while awaiting test results
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if you have been 24 hours fever free without fever reducing medication and when Covid 19 symptoms are significantly improved. **Staff must wear a mask day 6 through day 10 when they return to school. It can be removed on day 11.**

Unvaccinated staff and you have not tested positive for Covid in 90 days

You have Covid 19 symptoms but you are not a close contact to a diagnosed person with Covid 19

Test immediately and again 24 hours later if using a home test

- Test negative: – Self-isolate and test. Can return to school after 2 negative home tests 24 hours apart and as long as you have been 24 hours fever free without fever reducing medication. Covid symptoms must have improved
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if you have been 24 hours fever free without fever reducing medication and Covid symptoms have significantly improved. **Staff must wear a mask day 6 through day 10 when you return to school. It can be removed on day 11.**
- No test – Stay home self-isolate for 10 days since the onset of symptoms and until 24 hours have passed without a fever and the use of fever reducing medication and the improvement in all other symptoms

You have Covid 19 symptoms and you are a close contact to a person diagnosed with Covid 19

Test immediately and again 24 hours later if using a home test

- Test negative: Self-isolate and test. Can return after 2 negative home tests 24 hours apart and as long as you have been 24 hours fever free without fever reducing medication. Covid symptoms must have improved
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if you have been 24 hours fever free without fever reducing medication and Covid symptoms have significantly improved. **Staff must wear a mask day 6 through day 10 when you return to school. It can be removed on day 11.**
- No test – Stay home self-isolate for 10 days since the onset of symptoms and until 24 hours have passed without a fever and the use of fever reducing medication and the improvement in all other symptoms

You have no Covid 19 symptoms but you are a close contact to someone diagnosed with Covid

Test on day 5 after last exposure if negative test again within 24 hours before returning to school
Day 0 is the day of exposure

- Test negative: return on or after day 6 as long as you have had two negative home tests 24 hours apart and no symptoms developed.
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if you have been 24 hours fever free without fever reducing medication and when Covid symptoms have significantly improved. **Staff must wear a mask day 6 through day 10 when you return to school. It can be removed on day 11.**
- No test – Stay home self-isolate for 10 days since the onset of symptoms and until 24 hours have passed without a fever and the use of fever reducing medication and the improvement in all other symptoms

In keeping with the new state guidance, we will now accept the results of a rapid antigen test, home test and PCR tests.

Home tests - Staff who are ill at school and are going home will be sent home with an at home test kit. The kit contains 2 tests. The newest guidelines for using an at home test are to test when you get home and if negative retest 24 hours after the original test. Follow the staff sick protocol. If you are ill at home you can send someone to pick up a test kit for you. Please contact the nurse.

Please email your school nurse with your Covid test results prior to your return to school

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