

# Return to Campus

Families play a critical role in supporting the new culture of health and safety our school must establish. Most importantly, families can help mitigate the transmission of COVID-19 in their school communities by checking their children daily for any signs and symptoms of illness and keeping them home if they are sick or have had close contact with a person diagnosed with COVID-19. Families can also contribute by supporting the use of face coverings in school, communicating with teachers, school leaders, school nurse and local authorities, and continuing to follow state and county guidance on health and safety outside of school. Keeping ill students, and students who have been exposed to COVID-19 away from others, we can help stop the spread of the virus.

My student tested **POSITIVE** for COVID-19 **OR** a healthcare provider said they likely have COVID-19

## Self-quarantine AND Self-monitor

Stay home and away from others as much as possible until **ALL 3** criteria are met:

1. No fever (100 F or greater) in at least 48 hours without using any medication to lower fever **AND**;
2. Improvement in symptoms and no new or changing symptoms **AND**;
3. At least **10 days** have passed since symptoms first started.

My student is waiting on the results of the COVID-19 test

## Self-quarantine AND Self-monitor

- If student is **symptomatic**, stay away from others or under isolation procedures until results are available. If results are delayed, follow guidance for symptomatic and tested positive for COVID-19. Once results are available, follow the recommendations based on results.
- If a student is **asymptomatic**, no isolation is required while waiting for test results, **unless** a family member or another person living in the student's household has a positive COVID-19 result.

My student is sick but is **NOT** tested for COVID-19

## Self-quarantine AND Self-monitor

Stay home and away from others as much as possible until **ALL 3** criteria are met:

1. No fever (100 F or greater) in at least 48 hours without using any medication to lower fever **AND**;
2. Improvement in symptoms and no new or changing symptoms **AND**;
3. At least **10 days** have passed since symptoms first started.

My student is sick but tests **NEGATIVE** for COVID-19

## Self-monitor AND Isolate

Stay home away from others or under isolation precautions until you have had **NO** fevers for at least **48 hours** without the use of medicine that reduces fevers **AND** other symptoms have improved.

My student tested **POSITIVE** for COVID-19 but is asymptomatic

## Self-monitor AND Isolate

Stay home and away from others or under isolation precautions until **10 days** have passed since test date while asymptomatic. If symptoms develop, follow guidance for positive COVID-19.

What if we live with someone who has COVID-19?

## Self-monitor AND Self-quarantine

People who live together usually have close contact with each other. **EVERYONE** you live with should stay home until **ALL** of the following criteria has been met:

1. The sick person gets better;  
At least **10 days** have passed since their symptoms started **AND**;  
**NO** fever (100 F or greater) in the past 48 hours **without** using any medication to lower fever **AND**;  
Symptoms (i.e. coughing, breathing problems) improve and there are no new or changing symptoms.
2. **PLUS** 14 days have passed since they were last around the person with COVID-19

What if I have symptoms?

## Resources

- \* Call your healthcare provider
- \* Call the Pima County Covid Hotline at 2-1-1 or 1-844-542-8201
- \* CDC website [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- \* Arizona Department of Health Services [www.azdhs.gov](http://www.azdhs.gov)
- \* Pima County Health Department [www.pima.gov/health](http://www.pima.gov/health)