

**Berkshire Hills Regional School District
SYMPTOMATIC for COVID-19 -- NEXT STEPS**

YOUR STUDENT (or staff member) is being sent home with symptoms:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- Cough
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue
- Nasal congestion or runny nose

Comments/Additional Info:

NEXT STEPS:

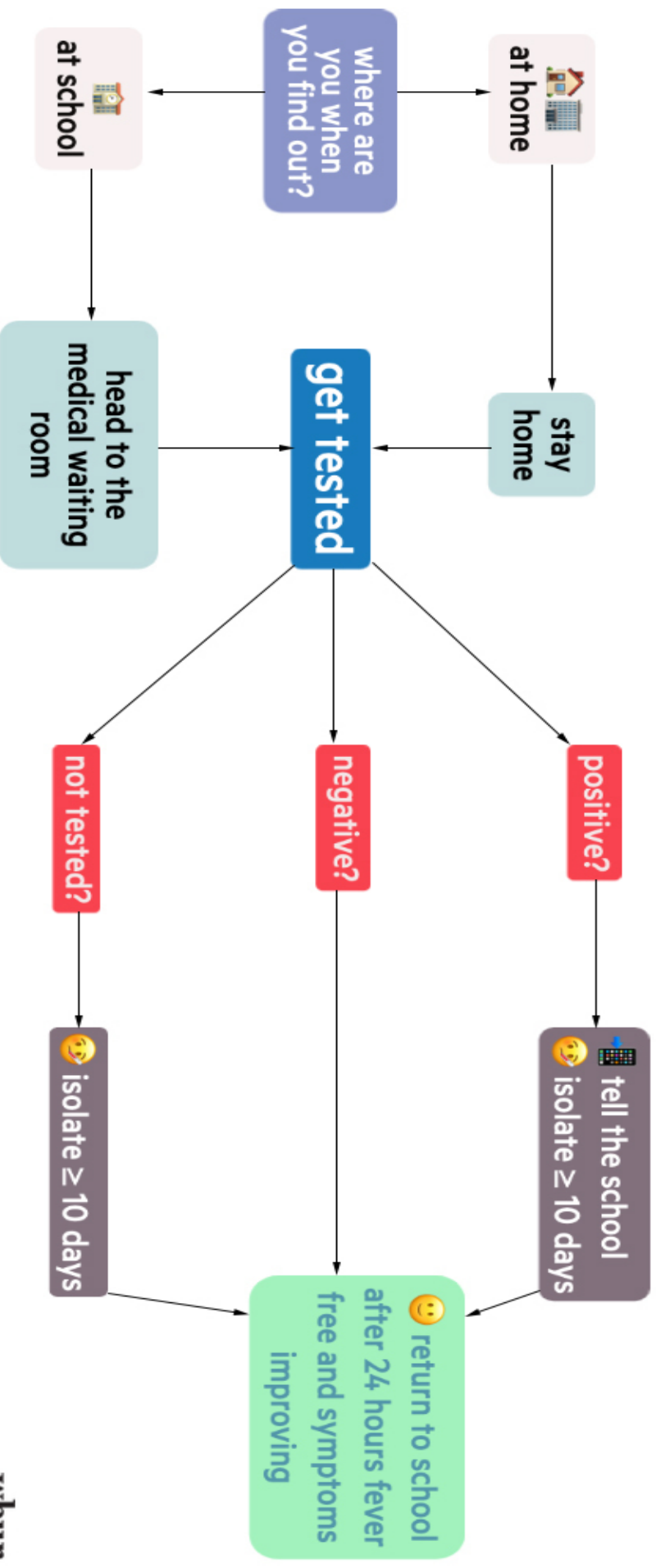
If a student, staff member, or family member is ill with COVID symptoms, all members of the household should remain home from school (students and staff) until the ill family member can be evaluated by a doctor. If the doctor cannot positively attribute the symptoms to something non-COVID, then a negative test result or a 10-day quarantine and resolution of symptoms will be needed before returning to school.

In some cases a second negative test result may be required (for example, symptoms are worsening despite a negative test).

Family members who are not ill but remaining home due to these circumstances will continue to work and attend school remotely.

If a student, teacher or staff member shows symptoms of COVID-19

GUIDANCE FROM THE DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION



Quick reference sheet: Key actions for individual COVID-19 events

Event	Location of Event	Testing Result	Quarantine
<p>Individual is symptomatic</p>	<p>If an individual is symptomatic <u>at home</u>, they should stay home and get tested.</p> <p>If an individual student is symptomatic <u>on the bus or at school</u>, they should remain masked and adhere to strict physical distancing. Students will then be met by the nurse and stay in the medical waiting room until they can go home. They should not be sent home on the bus.</p> <p>If an individual staff member is symptomatic at school, they should find coverage for their duties and then go home and get tested.</p>	<p>Individual tests <u>negative</u></p>	<p>Return to school once 24 hours have passed with no fever and improvement in symptoms, without the use of fever reducing medications.</p>
		<p>Individual tests <u>positive</u></p>	<p>Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days <u>and</u> until at least 24 hours have passed with no fever and improvement in other symptoms.</p>
		<p>Individual <u>is not tested</u></p>	<p>Remain home in self-isolation for 10 days from symptom onset, then return once 24 hours have passed with no fever and improvement in symptoms, without the use of fever reducing medications.</p>
<p>Individual is exposed to COVID-19 positive individual</p>	<p>If an individual is <u>at home</u> when they learn they were in close contact with an individual who tested positive for COVID-19, they should stay at home and be tested 4 or 5 days after their last exposure.</p> <p>If an individual is <u>at school</u> when they learn they were in close contact with an individual who tested positive for COVID-19, they should be masked for the remainder of the day (including K-1 students) and adhere to strict physical distancing. At the end of the day, they should go home and should not take the bus home. They should stay at home and be</p>	<p>Individual tests <u>negative</u></p>	<p>Remain home in self-quarantine for 14 days from exposure</p>
		<p>Individual tests <u>positive</u></p>	<p>Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days <u>and</u> until at least 24 hours have passed with no fever and improvement in symptoms, without the use of fever reducing medications.</p>