

### **What to do if you are sick**

If you have [COVID-19 symptoms](#), you should get tested ([see Where can You Get Tested](#)) and stay home until test results come back.

If test results are positive, see below ["What to Do If You Test Positive."](#)

If the test is negative, consult with your primary care provider for further direction and plan of care.

### **Where you can get tested**

For local testing, [see COVID-19 Testing Centers](#). Note these are subject to change so please check in advance if going to a site. The school nurse may have tests available if on site at WUHS. Please contact the nurse at [cmcmahon@waterforduhs.k12.wi.us](mailto:cmcmahon@waterforduhs.k12.wi.us)

While you wait for your COVID-19 test results, continue to take steps to keep yourself and others safe. Follow recommendations to self-isolate and self-monitor in order to protect yourself and your community from COVID-19.

### **What to do if you test positive**

Contact the attendance office. Inform attendance staff of your "onset of illness" date (when you first became ill) or if you tested positive and are without symptoms, let the attendance office know your date of COVID-19 testing.

Email your teachers regarding your length of absence.

Regardless of your vaccination status, positive cases should isolate for ten days. Initial symptoms are "day Zero" and the positive case isolates through day ten.

Example: Patient X tests positive 9/5/21 but was symptomatic on 9/1/21. 9/1/21 would be day zero and the positive patient would isolate through 9/11/21 with a return to normal activity on 9/12/21.

You do not need to be tested again if you have recently had a positive test. Your test may be positive for many weeks after you recover. You do not need a negative test to stop isolating.

### **Notifying close contacts**

Tell them you have tested positive and that they should stay home and follow the quarantine guidelines below "**What to do if you are exposed or a close contact**"

Close contacts are defined as:

Closer than 6 feet, for 15 minutes or more total in a day

Direct exposure to coughs, sneezes, or other bodily fluids

Direct physical contact with someone e.g. hug, kiss, handshake

Living or having spent the night with someone

### **What to do if you are exposed or a close contact**

WUHS asks students and families to choose a quarantine option that best fits their family dynamics.

What is quarantine? Please see [DHS COVID-19: Diagnosed or Close Contact?](#)

New [CDC Guidelines](#) have options for the 14-day quarantine for close contacts to be shortened to 7-10 days. As long as individuals have not had any symptoms, then they can end quarantine after 7 days and a negative test result or after 10 days without a test. However, the CDC "gold

standard" for quarantine remains 14 days, because the incubation period for COVID-19 is 2-14 days.

If a vaccinated person is exposed to COVID-19, they can return to school as long as they are without symptoms. It is suggested the exposed, vaccinated person wear a mask for up to 14 days since last contact with the positive case.

People who've had the COVID-19 disease may return to school as long as they are without symptoms. It is suggested the exposed person wear a mask for up to 14 days since last contact with the positive case.