

UPDATED COVID GUIDELINES

Student or staff member test positive for COVID-19

COVID Symptoms

Stay Home

Fever

Cough

Shortness of

Breath

Chills

Fatigue

Muscle Aches

Body Aches

Headache

Sore Throat

Loss of

Taste or Smell

Congestion

Runny nose

Nausea

Vomiting

Diarrhea

- Stay home for 5 days and isolate from others.
- End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving or asymptomatic.
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- If you were severely ill with COVID-19, You should isolate for at least 10 days. Consult your doctor before ending isolation.

Student or staff member has close contact with a positive COVID case.

- **Not Fully Vaccinated**
 - Stay home for at least 5 full days and isolate from others.
 - Get tested- Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
 - End isolation after 5 full days if you are symptom free.
 - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
 - If you develop symptoms, stay home, isolate, & get tested.
- **Fully Vaccinated or confirmed COVID-19 within the past 90 days (you tested positive using a viral test)**
 - You do not need to stay home unless you develop symptoms.
 - Get tested- Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
 - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
 - If you develop symptoms, stay home, isolate & get tested.

Student or staff member with a negative COVID test or alternative diagnosis.

- Stay home at least 24 hours fever free without the use of fever reducing medication and 24 hour free of vomiting and diarrhea.

Reporting COVID Cases, Symptoms and Exposures

- During the school week, call the Dean's office to report an absence due to illness or exposure. 815.741.0500 ext. 223
- Over the weekend report exposures and positive results to the Health Office at jca-nurse@jca-online.org

Summary of when to STAY HOME and call into school.

- You have tested positive for COVID-19.
- You have COVID-19 symptoms.
- You have been identified as a close contact based on your vaccination status and history of infection.
- You have a family member who has tested positive for COVID-19 - contact the Health Office for guidance.

Definitions

- Fully Vaccinated - **Updated status must be on file in the JCA Health Office**
 - For children 5 years through 17 years of age, a primary series consists of 2 doses of the Pfizer COVID-19 vaccine and booster after 5 months.
 - For persons 18 and older, a primary series consists of: A 2-dose series of an mRNA COVID-19 vaccine (Pfizer or Moderna). A single-dose COVID-19 vaccine (Johnson & Johnson vaccine)
 - A booster shot after 5 months of Pfizer, 6 months of Moderna and 2 months of J&J.
- Confirmed COVID - **Must be on file in the JCA Health Office**
 - You had a confirmed COVID-19 within the past 90 days (you tested positive using a viral test.)
- Exposure
 - Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.
- Close Contact
 - Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.