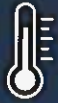


Dr. Ida Rolf Institute®

We hold to higher standards

updated January 4, 2022

If you feel sick, please stay home



COVID-like symptoms include:

Major Symptoms: Fever (100.4 and above), chills, new or worsening cough, shortness of breath, loss of taste or smell



Minor Symptoms: Sore throat, runny nose or congestion, muscle or body aches, headache, fatigue, nausea or vomiting, diarrhea

If you test positive, isolate at home until:

You have had no fever for at least 24 hours — without the use of fever-reducing medicines,

AND

Your symptoms are improving,

AND

It has been at least 5 days since your symptoms began

If you start to feel better – return to learn

... unless you have

- Major Symptoms lasting longer than 24 hrs
- Minor symptoms lasting longer than 48hrs
- Been exposed to a positive case

You must have a negative COVID test

COVID tests accepted to return to learn include PCR and at-home antigen tests



If someone in your household is sick, we encourage you to keep everyone home until the ill individual's test results are negative.

Definitions of Vaccinated Status

Remember to send your student's vaccination record to school after each vaccination.

Fully Vaccinated

Second dose of Pfizer or Moderna within the last 6 months (2 months for J&J), OR
Booster dose of any COVID vaccine

Under-vaccinated

Second dose of Pfizer or Moderna more than 6 months before exposure (2 months if J&J)

Exempt

COVID positive test on or after December 19, 2021 (Omicron was primary variant at this time)

Unvaccinated

No COVID vaccines OR only one dose of Pfizer or Moderna

You've been exposed: When and how long to quarantine

If exposed to a positive individual follow these quarantine guidelines.

If you're Fully Vaccinated or Exempt (see definitions to the right):



Wear a mask around others for 10 days and test on day 5, if possible.

If you're Under-vaccinated or Unvaccinated:



Stay home for 5 days from the last contact with the positive individual, test if possible and continue to wear a mask around others for 5 additional days



Household contacts that cannot separate from the positive individual, must start their quarantine on the last day of the positive individual's infectious period

In either situation, if symptoms develop, stay home and get tested as soon as possible.

**This information is not meant to be all-inclusive. Please consult with your school health team regarding all cases of illness or exposures.*