



# CHESTER UPLAND SCHOOL DISTRICT

Office of School Health

232 W. 9<sup>th</sup> Street-1<sup>st</sup> Floor

Chester, PA 19013

## COVID – 19 Quick Reference Guide

STATUS	CUSD Health & Safety Plan Per CDC & DCIU
COVID Positive	<ul style="list-style-type: none"> <li>● Isolate for 5 days</li> <li>● Return on day 6 with resolved/mild symptoms</li> <li>● Must be fever free for 48 hours before return</li> </ul>
Close Contact Definition	<p>Uninfected persons within six feet, for a total of 15 minutes or more, over a 24-hour period, with a COVID + individual while both are not wearing a face covering.</p>
Close Contact Monitoring	<ul style="list-style-type: none"> <li>● Observe in school for 5 days if ASYMPTOMATIC</li> <li>● Provide rapid test for if symptoms develop during 5 day period</li> <li>● If SYMPTOMATIC &amp; COVID negative, administer rapid test and quarantine for 5-days               <ul style="list-style-type: none"> <li>○ Return on day 6</li> </ul> </li> </ul>
CDC Current List of COVID-19 Symptoms	<p>Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea</p>
COVID at home exposure	<ul style="list-style-type: none"> <li>● If ASYMPTOMATIC and VACCINATED, stay in school               <ul style="list-style-type: none"> <li>○ Observe for 5 days</li> <li>○ Test if symptoms develop</li> </ul> </li> <li>● If ASYMPTOMATIC and UNVACCINATED, quarantine for 5 days               <ul style="list-style-type: none"> <li>○ Return on day 6</li> </ul> </li> </ul>
Face Mask	<p>CUSD has adapted universal masking at all times</p> <p>School Health recommends masks have 4-ply layers or more. The following mask options are suggested:</p> <ul style="list-style-type: none"> <li>● Double surgical mask</li> <li>● Surgical mask with cloth mask covering</li> <li>● N95</li> <li>● KN95</li> <li>● KF94/95</li> <li>● Face shield with cloth mask</li> </ul>

Isolation/quarantine and close contact guidance is the same for all regardless of vaccination status.

Teachers, staff or contractors with symptoms, not feeling well or have an outside lab report positive for COVID-19 must notify their direct supervisor and email their building Nurse, copying Mr. Ronald Simonson and Lead Nurse Tiffany Gibson for immediate guidance. They should also **STAY HOME** if feeling sick **and do not come to work**. If sent home by School Health, return to school/work **cannot** occur earlier than the date provided by the Nurse. Human Resources will be of all quarantine/isolation dates.