

GREAT FUTURES START HERE.



COVID-19 Exposure Guidelines

Whatever
It Takes for
Youth, Families
and Communities.

Exposure Guidelines

COVID-19 Symptoms

- Fever of 100.4 (F) or higher
- Chills
- Rigors
- Muscle pain or aches
- Malaise
- Headache
- Sore throat
- Cough, shortness of breath or difficulty breathing
- Loss of taste or smell
- Diarrhea

14 Day Home Quarantine Guidelines

- Do not leave your home unless to satisfy critical needs.
- Do not attend any settings where you are unable to maintain a 6-foot distance from other people.
- You may not have visitors at your home unless authorized by SCHED.
- SCHED could monitor your condition through daily phone calls.

What is close contact?

Close contacts are people who have been within 6 feet of you for a period of 10 minutes or more.

1 I am having COVID-19 symptoms

Parents/Students should contact their school nurse and BGCT Club Director, employees should contact their immediate supervisor.

Contact the Shawnee County Health Department at 785-251-5715

Take a COVID-19 test and follow the instructions below while awaiting tests.

- Self-Isolate to your home
- If you live with others, self-isolate in a private room and use a private bathroom, if possible.
- Make a list of close contacts you have had from two days before you became sick until you isolated.
- Wear a mask when you enter general living areas. Interact with others as little as possible.
- If you develop additional symptoms or if your symptoms get worse, notify your health care provider for instructions.

2 I have received a positive COVID-19 test

Parents/Students should contact their school nurse and BGCT Club Director, employees should contact their immediate supervisor.

Notify your close contacts and let them know they should quarantine at home for 14 days. This includes your family.

Self-Isolate to your home until the following conditions are met:

- 10 days from the beginning of symptoms or 72 hours after fever is gone without the use of fever reducing medicine and other symptoms have significantly improved WHICHEVER IS LONGER.
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive at the facility.
- If you do not need hospitalization, continue to self-isolate at home.

3 I have been in close contact with a confirmed COVID-19 patient

Parents/Students should contact their school nurse and BGCT Club Director, employees should contact their immediate supervisor.

Quarantine for 14 days and monitor your health.

4 I have been exposed to a person with COVID-19 symptoms

If you have no symptoms, no additional action is required. Continue to monitor your health.

5 I have been exposed to a person who was exposed to a confirmed COVID-19 patient

If you have no symptoms, no additional action is required. Continue to monitor your health.

6 I have traveled to an area with high COVID-19 cases

Parents/Students should contact their school nurse and BGCT Club Director, employees should contact their immediate supervisor.

Quarantine for 14 days and monitor your health.

7 I have been exposed to a person who traveled to an area with high COVID-19 cases

If you have no symptoms, no additional action is required. Continue to monitor your health.

