

Covid-19 Pandemic: Returning to School



LOWNDES
COUNTY SCHOOLS
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One Mission. One Vision.

When a person contracts the virus, symptoms may develop within 2-14 days from exposure, although some people never show symptoms. It is very important for your own safety and for the safety of others that you monitor your health for 14 days from your last exposure to COVID-19, and that you remain at home, avoid congregate settings and public activities, and practice social distancing. Below are the requirements for returning to school.

14 day Quarantine for Covid-19

SYMPTOMATIC

Individuals with **confirmed case of Covid-19 or suspected exposure to Covid-19** that are **showing symptoms**, which may include: fever (100.4 +), cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

10 days

At least 10 Days since:

- Positive lab test
- Exposure to someone with Covid-19
- First appearance of symptoms

AND

3 days

At least 3 days (72 hours) since recovery:

- Fever-free for 3 days
- No fever-reducing medicine for 3 days
- Improvement in symptoms

Return to School

ASYMPTOMATIC (NO SYMPTOMS)

1. Individuals with a confirmed case of COVID-19 but are not showing symptoms

10 days

At least 10 days have passed since the positive lab test and the person remains asymptomatic

Return to School

2. Individuals with a known exposure to someone with Covid-19 but are not showing symptoms

14 days

Return to School



Complete **all requirements** in the Department of Public Health guidance for persons exposed to COVID-19 at <https://dph.georgia.gov/contact>, which include:

- Quarantine yourself at home or be tested for Covid-19
- Monitor your health for symptoms (including checking your temperature twice a day) during the 14 days after the last day you were in close contact with a person confirmed Covid-19.