

SAU 9 Pandemic Response Guidelines Update

Requirements for Return to School following quarantine:

Individuals on quarantine due to an exposure to a case of COVID-19 must meet the following criteria for return to school:

1. Complete a 10 day self- quarantine period from last date of exposure
 - i. Upon return, maintain 6' physical distancing for all students during days 11-14
2. Complete a 20 day self quarantine period if the individual with COVID-19 is a household member. In the event the close contact tests positive during the quarantine period, they themselves must follow self isolation procedures.
3. Quarantine start and end dates identified by the School Nurse or assigned School Administrator.
4. Provide results of COVID-19 testing done during quarantine period to school nursing office prior to or upon return to school

SAU9 Testing Recommendations for Individuals Exposed to a Positive Case

- Individuals identified as close contacts to a confirmed case of COVID-19 are advised to obtain a PCR SARS COV-2 test on the day of notification AND repeat the test on day 5-7 of quarantine.
- At any time during the quarantine period, Individuals who develop COVID-19 symptoms, even mild, should be tested as soon as possible.

Return to Physical Activity Following Diagnosis of COVID-19 (Athletics, P.E. class, etc.)

- A. Student athletes participating in a school-sponsored sport who **test positive for COVID-19** will be required to do the following prior to participation in the school sport:
 - a. Provide medical clearance from their health care provider
AND
 - b. Complete a return to play protocol with the athletic trainer
- B. Students who **test positive for COVID-19** are advised to consult with their healthcare provider prior to engaging in any athletic activities, including non-school sponsored activities.