**COVID-19 Guidelines for the 2022-2023 School Year:**

SICS is committed to providing a safe and healthy environment in our school. We will continue to utilize a layered approach to mitigating the effects of COVID-19 by implementing the following measures as appropriate:

* asking individuals to stay home when they are sick
* emphasizing personal hygiene (wash hands, cover coughs and sneezes)
* promoting vaccines, boosters, and testing to students and staff.

There is no requirement for masking in schools, apart from in school health offices, the Athletic Trainer’s office, and upon return after testing positive for COVID-19.  As always, any individual who wishes to continue to mask, including those who face higher risk from COVID-19, will be supported in that choice.

**Quarantine vs Isolation**

Quarantine is no longer required regardless of vaccination status or where the exposure occurred.  All exposed individuals may continue to attend school if they remain asymptomatic.  Those who can mask should do so until Day 10, and it is recommended that they test on Day 6 of exposure.  If symptoms develop, follow the guidance for symptomatic individuals, below.

Students and staff who test positive must isolate for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours, they may return after Day 5 and wear a high-quality mask through Day 10.  (If a person is unable to mask, they may return to school with a negative test on Day 6 or later.)

**COVID-19 Symptoms**

* Fever (100.0° Fahrenheit or higher), chills, or shaking chills
* Difficulty breathing or shortness of breath
* New loss of sense of taste or smell
* Muscle aches or body aches
* Cough (new cough; not due to any other known cause such as chronic cough)
* Fatigue (when in combination with other symptoms)
* Headache (when in combination with other symptoms)
* Sore throat (when in combination with other symptoms)
* Nasal congestion or runny nose (when in combination with other symptoms and not due to any other known cause such as allergies,)
* Nausea, vomiting, or diarrhea (when in combination with other symptoms)

**Symptomatic individuals**

Symptomatic individuals will be sent home and are encouraged to test. The school nurses will use their experience and judgment to assess individual health needs and create a “return to school” plan as needed. They will be allowed to return:

* if symptoms remain mild and they test negative
* they have been fever-free for 24 hours without the use of fever-reducing medication and their symptoms are resolving;
* if a medical professional makes an alternative diagnosis.
* Best practice would also include wearing a mask, if possible, until symptoms are fully resolved.