GUIDANCE ON COVID-19 EXPOSURE

Are you experiencing COVID-19 symptoms? They include:

- Fever (100.4°F or 38°C) without having taken any fever-reducing medications, such as acetaminophen or ibuprofen.
- Loss of smell or taste
- Cough
- Muscle aches
- Sore throat
- Shortness of breath
- Chills
- New or unusual headache
- Fatigue
- Nausea, vomiting, diarrhea, or loss of appetite
- Congestion or runny nose

(One or more of these symptoms that is a new onset or is an increase in severity)

**YES, I HAVE SYMPTOMS**

**NO SYMPTOMS**

FOLLOW CDC GUIDELINES
[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html]

1. Stay at home.
2. Separate yourself from others.
3. Call your healthcare provider.

Staff should call Timberline High School
208-854-6230
Jill Clegg, Nurse
208-854-6240

Quarantine yourself for 14 days from exposure date.

*If you receive a negative result or alternative diagnosis follow HCP and school guidance.

[https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html]

Have you been in contact with someone who has been diagnosed with or tested positive for COVID-19?

**YES**

- Yes, direct physical contact or close contact (within 6 feet for 15 or more minutes)
- Yes, non-close contact (outside 6 feet or within 6 feet for a brief period of time)

Practice physical distancing, good hygiene, **AND** watch for symptoms.

Unknown: Ex: attended an event where someone was positive and deemed infectious, but is unknown.

If physical distancing was practiced among **ALL** participants – watch for signs and symptoms.

If **NOT**, quarantine for 14 days from exposure date.

Anyone who has been identified as a close contact needs to quarantine regardless of symptoms or other illnesses, **EVEN** if you receive a negative test result.