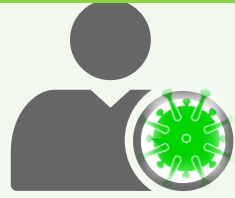


Fresno Unified Illness and Quarantine Guidelines

If you don't feel well, stay home and call your school or workplace

SICK STUDENT



Any student who is sick and not feeling well should stay home. Call your school site for attendance purposes.

Stay Home

COVID testing is encouraged to rule out COVID-19. If positive, see POSITIVE STUDENT guidelines.

Stay home if sick. Students can return when:

- ✓ Symptoms have improved
- ✓ Fever-free for 24 hours (1 day) WITHOUT the use of fever reducing medication

POSITIVE STUDENT



Any student who has tested POSITIVE, no matter their vaccination status should isolate at home.

Isolate

Stay home while sick. Student can return when:

- ✓ Symptoms have improved
- ✓ Fever-free for 24 hours (1 day) WITHOUT the use of fever reducing medication

Isolating away from a household positive is recommended, but not required

Based on reduced COVID cases, Fresno Unified is no longer group tracing classes, teams or groups.

SICK EMPLOYEE



Any employee who has COVID 19 symptoms should stay home and report it to their supervisor:

Assumed Positive
Stay Home and Test

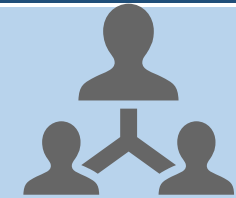
Based on a negative COVID test, the employee can return when:

- ✓ Symptoms have improved
- ✓ Fever-free for 24 hours (1 day) WITHOUT the use of fever reducing medication

If employee test positive or doesn't test, see CONFIRMED POSITIVE guidelines

Employee direction provided by Cal OSHA.

POSITIVE EMPLOYEE



Any employee who has tested positive for COVID-19:

Isolate
CONFIRMED POSITIVE
ISOLATION

With symptoms:

Isolate until the following requirements have been met:

- ✓ 10 days since symptoms first appeared AND
- ✓ Fever-free for 24 hours (1 day) WITHOUT the use of fever reducing medication
- ✓ Symptoms improved.

10-day isolation can be reduced to 5 days if symptoms have improved, no fever for 24 hours and a test taken on day 5 indicates a negative result

- ✓ If test on day 5 is positive, or individual doesn't test on day 5, individual must wait out 10-day isolation.

Without symptoms (asymptomatic):

Isolate for 5 days from test date:

- ✓ Following a negative test result taken on day 5, an individual can return the next day.
- ✓ If individual test positive on day 5 or doesn't test at all, they must wait out full 10-day isolation.

Assumed positive on page 2 (Page 1 of 2)

Additional Info

Symptoms of COVID-19 includes new or worsening presence of the following:

- i. Fever, chills, headache or cough
- ii. Shortness of breath or difficulty breathing
- iii. Fatigue
- iv. Congestion or runny nose
- v. Repeated shaking/ tremors
- vi. Muscle pains or body aches
- vii. Sore throat
- viii. New loss of taste or smell, nausea, vomiting or diarrhea

Assumed Positive Employee Any employee who is **SYMPTOMATIC but NOT CONFIRMED** with a positive test.

- Symptomatic employees may be cleared to return to work with a **negative COVID test and when:**
 - ✓ Symptoms have improved **AND**
 - ✓ No temp or fever reducing medications for 24 hours

Cal OSHA Requirements – Determine which employees may have been exposed to COVID -19 through a close contact at work; notify close contacts directly and provide written notification to all employees of a positive case on their work site.

Close Contacts – Employees exposed should test within days 3-5 from exposure but are not required to isolate, no matter their vaccination status. Monitor for symptoms and should close contacts become symptomatic, they should follow Assumed Positive direction. If deemed COVID positive, follow Confirmed Positive direction.

Testing– The State of California no longer requires unvaccinated employees to test weekly. However, for students and staff who are interested in testing, the District has established onsite regional testing hubs and makes home test kits available multiple times during the school year. Over the Counter (OTC) test kits can also be found at local pharmacies.

Definitions

- **Isolation** is defined as “separation of sick people with a contagious disease from people who are not sick;”
- **COVID Test** for exiting isolation prior to day 10 can be a PCR test taken through a lab or testing facility. Rapid Antigen test taken at home are also acceptable.