

# COVID-19 Student Guidelines

**Face Coverings (mask):** ABSS will adhere to guidelines outlined by the CDC and American Academy of Pediatrics, and as outlined in the [StrongSchoolsNC: Public Health Toolkit](#). ABSS will require universal masking in schools at this time.

## **Students should stay home if**

- If the student has any of the following **COVID-19 like symptoms** they should stay home:
  - Fever, chills, or repeated shaking/shivering
  - Cough
  - Sore throat
  - Shortness of breath, difficulty breathing
  - Feeling unusually weak or fatigued
  - Loss of taste or smell
  - Muscle or body aches
  - Headache
  - Runny or congested nose
  - Nausea or vomiting
  - Diarrhea (loose stools 3 or more times a day)
  
- Families should conduct home-based symptom screening for students, and keep children at home when ill. It is recommended that families refer children to diagnostic testing who exhibit symptoms.
- **Students that have been tested and confirmed to have COVID 19, - are required to stay home.**

**Return to School Criteria following illness:** [See the StrongSchoolsNC:Public Health Toolkit for more details](#)

Isolation is required for all **presumptive or confirmed cases** of COVID-19.

Students with symptoms of COVID-19 can return to school if:

- Confirmation of a negative PCR/Molecular test, or if they have visited a healthcare provider and received an alternate diagnosis that would explain the symptoms of COVID-19. In addition, it has been at least 24 hours since the person had a fever (without using fever reducing medicine; and they have felt well for 24 hours.
  - Parents are required to show a copy of the test results of the negative PCR/Molecular test or provide documentation on provider letterhead for alternative diagnosis.
- If a student receives a positive COVID-19 test or choose not be tested/or see a health care provider they can return to school when:
  - It has been **10 days** since the first day of symptoms, **and** it has been at least 24 hours since the person had fever without using fever-reducing medicine and other symptoms are improving.

**DEFINITION OF A CLOSE CONTACT:** Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before symptoms began (or, for asymptomatic individuals, 2 days prior to test

ABSS is following the guidance provided by the [NC DHHS StrongSchoolsNC: Public Health Toolkit \(K-12\) Interim Guidance](#)  
**(Updated 8/27/2021)**

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specimen collection date) until the time the individual is isolated

## **Guidelines for COVID-19 Exposure and Quarantine:**

Students that are **not** fully vaccinated and have been in close contact with someone with a confirmed case of COVID-19 will be excluded from school until they complete a 14 day period of quarantine. The 14 days quarantine will begin after the last known close contact with the COVID-19 positive individual. The Alamance County Health Department may discontinue quarantine before day 14, however since they also require that the student strictly adhere to social distancing, and masking ABSS will exclude students from school and any school sponsored events including athletics for the **full 14 days from the last day of exposure**.

## **Exposure and Students that are Fully Vaccinated:**

Students that are fully vaccinated (at least 2 weeks after getting their second dose in a 2-dose series or one-dose of a single-dose series) and are not exhibiting any symptoms do **NOT** need to be quarantined after an exposure. Documented proof of the vaccination (vaccine card) will be required to be shown to the school when determining if the student will need to quarantine

## **History of COVID-19 in the past 3 months:**

Students that have tested positive during the past 3 months and are not exhibiting any symptoms do **NOT** need to quarantine after an exposure. Documented proof of the positive test will be required to be shown to the school when determining if the student will need to quarantine

## **School Exposure and Identifying School Close Contact:**

**NC DHHS does not recommend quarantine of students following exposure in school settings if masks were being worn appropriately and consistently by both the person with COVID-19 and the potential exposed.** This applies to exposures in classrooms, other in school settings, and school transportation, but does not apply to exposures during extra curricular or athletic activities.

School nurses will collaborate with the classroom teacher, principal, and the Alamance County Health Department when identifying close contacts of school site exposures to COVID-19. School nurses will work closely with Alamance County Health Department to ensure safety without overly excluding students.