

## Safe Return to In-Person Learning Plan for WBCSD #83

### Covid-19 recommendations

#### When to stay home

Please stay home when you are sick or after testing positive for COVID-19, even if you are not experiencing symptoms.

**QUARANTINE FOR EXPOSURE:** The CDC recommends staying home for 5 days if you are exposed to COVID and are NOT [up to date](#) on your COVID vaccinations. If you are exposed to COVID and are up to date on your vaccinations, or if you tested positive for COVID (using a viral test) in the past 90 days, you do not need to stay home unless you develop symptoms.

**ISOLATION FOR TESTING POSITIVE:** If you test positive for COVID or have symptoms, regardless of your vaccination status, you need to stay home at least 5 days. The CDC also recommends wearing a well-fitting mask for 10 full days when around others.

[CLICK HERE](#) to for more details on the CDC recommendations for quarantine and isolation.

**Symptoms of COVID-19:** Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.