

Marysville Joint Unified School District
COVID-19 Guidance
Updated January 18, 2022

- **What To Do If You Are Sick**

Mild Symptoms

People with mild symptoms, who are not sick enough to be hospitalized, should self-isolate at home. These people should:

- Get tested immediately for COVID-19, if they haven't already. Please report any positive test results to your school site and/or workplace supervisor
- May return to for in-person instruction when the following criteria have been met:
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications AND
 - Other symptoms have improved AND
 - Negative test for COVID-19 OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition OR a healthcare provider has confirmed an alternative diagnosis OR at least 10 days have passed since symptom onset

Severe Symptoms

People with severe symptoms of respiratory illness should call their healthcare provider immediately. Call ahead so that you can be safely evaluated to prevent exposing others. Your healthcare provider will evaluate you and determine the best course of action for your illness, including whether or not you should be tested.

- **What to do if you have tested positive for COVID-19** (applies to **all students and staff**, regardless of vaccination status, previous infection, or lack of symptoms)

- Avoid close contact with others
- Stay home for at least 5 days from the start of symptoms or the date of positive test, whichever is first
- If you meet **all the following criteria**, you may end isolation after day 5.
 - negative antigen test with sample from day 5 or later AND
 - no symptoms or improved respiratory symptoms AND
 - no fever for 24 hours without fever-reducing medication AND
 - Mask and socially distance from others for an additional 5 days
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should continue until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.
- Inform any individual you may have had close contact with (within 6 feet, with or without a mask, for 15 minutes or more within a 24-hour period). Consider any close contacts two days prior to symptom onset.

- For individual questions and concerns, contact our COVID Team at jwells@mjusd.k12.ca.us.
- Review [CDPH isolation guidance](#) from January 8, 2022
- **What to do if you have been exposed* to a positive case in a school setting**
If you have been informed that you were potentially exposed to an individual with COVID-19, CDPH and Cal OSHA recommend the following guidance for students and staff, respectively:
 - For Students:
 - ***For students who are asymptomatic and have completed the primary series of vaccines for COVID-19 (booster not required) OR who were previously infected with (laboratory confirmed) SARS-CoV-2 within the last 90 days:***
 - Quarantine is NOT recommended. Students without symptoms may remain in school and participate in all school activities. If symptoms develop, test and stay home (See above “What to do if you are sick”)
 - Test for COVID-19 5-7 days post exposure
 - Mask for 14 days post exposure
 - ***For students who have NOT completed the primary series of vaccines NOR were previously infected with (laboratory confirmed) SARS-CoV-2 within the last 90 days and masked at time of exposure :***
 - When both parties were wearing a mask, students close contacts (more than 15 minutes over a 24-hour period within 0-6 feet) may undergo a modified quarantine as follows. They may continue to attend to school for in-person instruction if they:
 - Are asymptomatic
 - Continue to appropriately mask, as required
 - Undergo at least twice weekly testing during quarantine ([see consent form](#))
 - Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.
 - Students who do not wish to participate in modified quarantine must quarantine for 10 days from last exposure.
 - ***For students who have NOT completed primary series of vaccines NOR previously infected with (laboratory confirmed) SARS-CoV-2 within the last 90 days at time of exposure:***
 - Standard Quarantine (students who were not wearing masks or for whom the infected individual was not wearing a mask during the exposure) OR
 - If asymptomatic, students may test on day 5 and return day 6 if results are negative and symptoms have not developed. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10
 - For Staff:

- ***For employees who are asymptomatic and up to date** on COVID-19 vaccinations and booster (if eligible):***
 - No quarantine necessary
 - Wear well-fitting mask around others for 10 days after last exposure
 - Monitor for symptoms; if you develop symptoms, stay home and test
 - get tested on day 5
 - If test is positive, follow isolation guidelines above
- ***For vaccinated employees not up to date** on booster and asymptomatic:***
 - Stay at work
 - Negative COVID test on day 3-5 after last exposure
 - Wear a well-fitting mask around others for a total of 10 days
 - Continue to monitor symptoms
- ***For unvaccinated employees:***
 - Quarantine from others for at least 5 days since your last exposure to the positive case
 - Monitor for symptoms; if you develop symptoms, stay home and test
 - Test on day 5
 - Quarantine can end after day 5 if you are not symptomatic and you a specimen collected on day 5 or later tests negative
 - Continue to wear a well-fitting mask around others through day 10
 - If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10

If an exposed individual becomes symptomatic, it is recommended that they isolate and get tested immediately, regardless of vaccination status. Wait for test results and symptoms to improve before being around others.

*Exposed means a positive individual was within 6 feet of you for 15 minutes or more in a 24-hour period. Contact tracing should include any close contacts for the 2 days (48 hours) prior to the positive test or symptom onset.

**Up to date means fully vaccinated + booster, if eligible (at least 5 months after receiving a 2nd dose of Moderna or Pfizer-BioNTech, or at least 2 months after receiving a single dose of J&J vaccine). See [CDC guidance](#) for more information.

For more information, please reference MJUSD's [frequently asked questions about COVID-19](#) document.