



# LSA COVID-19 GUIDELINES

The following guidelines have been updated to reflect procedures that are a direct response to the Delta variant increasing the possibility of spread amongst vaccinated and unvaccinated individuals. Masks are required to be worn at all times with the exception of eating during lunch. Anyone at Longleaf School of the Arts who is experiencing a symptom of COVID-19 will be sent home. To avoid remaining out of school for the standard 14-day requirement, proof of a negative PCR/Molecular COVID-19 Test will be required. We cannot accept Rapid Antigen Test results. Also the person must be symptom-free, without the use of symptom-reducing medications, and feeling well for 24 hours prior to returning to school.

## COVID-19 SYMPTOMS

Fever	Chills	Sore Throat	Shortness of Breath	Cough
Congestion	Nausea	Vomiting	Diarrhea	Headache
Body Aches	Fatigue	Loss of Taste	Loss of Smell	

Some people experience as few as one symptom; others experience multiple symptoms. Some people do not experience any of the symptoms even though they are **positive and contagious**.

## EXPOSURES

### 1. Exposure, No Symptoms

#### NOT TESTED

- **Remain at HOME for 14** days if no symptoms have been reported during daily monitoring since the exposure (without a mask)
- **Remain at HOME for 10** days if no symptoms have been reported during daily monitoring since the exposure (with a mask)

#### Negative PCR/Molecular Test

- **Remain at HOME for 7** days if no symptoms reported during daily monitoring and the individual has received results of a Negative PCR/Molecular Test on a test taken no earlier than day 5 after exposure.

### 2. Positive Diagnosis, No Symptoms

- **Remain at HOME for 10** days after the first Positive COVID-19 Test; must be symptom-free (without use of symptom-reducing medications) AND feeling well for at least 24 hours prior to returning to school.

### 3. If you live with someone diagnosed with COVID-19

- The quarantine phase for the exposure does not begin until the **end of the 10th day** of isolation for the person **positive** with COVID-19. Please contact Nurse Herbst if you have this situation. [Herbst@longleafschool.com](mailto:Herbst@longleafschool.com) - (919) 896-8164 x1032

## ONE COVID-19 SYMPTOM OR MORE

### NOT TESTED

- **Remain at HOME for 10** days after the first symptom(s); must be symptom-free (without use of symptom-reducing medications) AND feeling well for at least 24 hours prior to returning to school.

### Positive PCR/Molecular Test

- **Remain at HOME for 10** days after the first symptom(s); must be symptom-free (without use of symptom-reducing medications) AND feeling well for at least 24 hours prior to returning to school.

### Negative PCR/Molecular COVID-19 Test

- **Remain at HOME** until symptom-free for 24 hours (without use of symptom-reducing medications) AND feeling well for at least 24 hours prior to returning to school.

### Negative Rapid Antigen Test

- **Remain at HOME** until a FOLLOW-UP PCR/Molecular Covid Test is taken and negative results are received. You must also be symptom-free for 24 hours (without use of symptom-reducing medications) AND have felt well for at least 24 hours prior to returning to school.

## SENT HOME DUE TO ONE COVID-19 SYMPTOM OR MORE

### If No COVID-19 Test is done after student is sent home

- **Remain at HOME for 10** days after the first symptom(s); must be symptom-free (without use of symptom-reducing medications) AND feeling better for at least 24 hours prior to returning to school.

### If COVID-19 Test is done after student is sent home

- See Positive or Negative PCR/Molecular Test instructions above.

If a person has a previous chronic health condition that causes symptoms of COVID-19, we require a letter from their healthcare provider stating what the symptoms are and that the symptoms are being caused by an alternate diagnosis, e.g. asthma, migraine headaches, GERD, etc. The first time that they exhibit any COVID-19 symptoms at school they will be sent home and must have a negative PCR/Molecular Covid Test prior to returning to school. If/when symptoms reoccur, we can refer to their healthcare provider's letter. (Those with symptoms of fever, vomiting, and diarrhea will always be sent home.)

If you are not sure whether or not your student should stay home, please call Nurse Herbst to discuss your situation in detail. If you and eligible members of your family are not already vaccinated, feel free to call Nurse Herbst for information about the vaccine. At this time, anyone 12 years of age and older is eligible. We are all hoping that younger children will be able to get vaccinated soon.

We, the staff at Longleaf, are doing our best to avoid anyone being exposed to or contracting COVID-19 at the school. We apologize for any inconvenience that these precautions may cause, but they are for the good of the entire Longleaf Community. If you have any questions or concerns, please feel free to contact Nurse Herbst via email at [herbst@longleafschool.com](mailto:herbst@longleafschool.com) or phone at (919) 896-8164 x1032.