

LANSING SCHOOL DISTRICT COVID-19 EXPOSURE PROTOCOL

COVID-19 POSITIVE

I am diagnosed with COVID-19 OR am considered presumptive positive. What do I do?

QUARANTINE AND ISOLATE

Stay home for at least 5 full days following the onset of symptoms OR the first positive test. Follow LSD protocol and the advice of your health care provider.

You may return to school or work if:

- At least 5 full days have passed since your positive COVID-19 test or onset of symptoms (return day 6),
- Your symptoms have resolved or are significantly improved,
- You have been at least 24 hours fever-free without medication,
- You follow strict mitigation strategies including masking and social distancing through day ten,
- You complete a check in with your building Medical Assistant or Nurse upon return.

If you had a positive test but no symptoms, you may return to school or work on day 6 following your positive test. You must wear a well-fitting, medical-grade mask (N95 or KN95 mask preferred) through day ten. Loss of sense of smell and taste may persist and do not need to delay the end of isolation. If you are unable to wear a mask, stay home for ten days.

NOTIFY

Notify the COVID Coordination Team. Staff also need to notify HR and their direct supervisor.

IDENTIFY

Identify people who were in direct contact with you 48 hours before your first symptoms, OR 48 hours before your first positive test if you are asymptomatic.

- Direct contact means being within 3-6 feet of someone for a cumulative 15 minutes or more during a 24 hour period.

PRIMARY/DIRECT EXPOSURE TO A HOUSEHOLD MEMBER

Over the past 48 hours I have been in direct contact with a household member who has tested positive for COVID-19 OR I have been in direct contact with a household member with symptoms who has been in contact with a COVID-19 positive person.

What do I do?

QUARANTINE

No quarantine needed if you:

- are symptom free
- wear a well-fitting medical-grade mask (N95 or KN95 mask preferred) for 10 days
- participate in "test to stay" on day 3 and 5 following household members positive test

If you develop symptoms, obtain a COVID test in the community and contact the COVID Coordination Team. Do not return to school or work for "test to stay" if you have symptoms.

If unable to wear a mask, stay home for ten days.

NOTIFY

Notify the COVID Coordination Team. Staff must notify their direct supervisor and Human Resources.

PRIMARY/DIRECT EXPOSURE TO A NON HOUSEHOLD MEMBER

Over the past 48 hours I have been in direct contact with a person (non-household member) who has tested positive for COVID-19 or I have been in direct contact with a symptomatic person (non-household member) who has been in contact with a COVID-19 positive person.

QUARANTINE

NO quarantine needed if you:

- are symptom free
- monitor for symptoms for 10 days after exposure
- "test to stay" upon request

If you develop symptoms, obtain a COVID test in the community and contact the COVID Coordination Team. Do not return to work or school for "test to stay" if you have symptoms.

Masks are optional but recommended in crowded indoor settings.

NOTIFY

Notify the COVID Coordination Team.

MASK GUIDANCE

Daily masks are **optional**.

You may choose to wear a mask at any time.

You **must** wear a well-fitting medical-grade mask (N95 or KN95 mask preferred):

- For 10 full days upon return to work/school following YOUR positive test
- For 10 full days following a household members positive test

COMMON COVID SYMPTOMS

- Fever > 100°
- Sore throat
- New cough
- New headache
- Loss of taste or smell
- Diarrhea, vomiting or abdominal pain

COVID-19 RESOURCES

The COVID-19 Coordination Team (CCT)
(517) 755-1500 or CCT@lansingschools.net

Human Resources
(517) 755-2000 or hrdept@lansingschools.net

