



## COVID-19 Guidelines as of January 7, 2022 For Students and Employees

The COVID-19 strain of Omicron has led to recent changes in the length of isolation and quarantine by the CDC/ADPH. In response, Shelby County has made changes to our COVID-19 guidelines in an effort to preserve in-person learning in the upcoming weeks as our state experiences record numbers of COVID-19 cases.

In addition to the changes listed below, mitigation measures will continue to be implemented. Mask wearing is **highly recommended** by all staff and students regardless of COVID-19 status or exposure.

### **Symptomatic but not confirmed cases of COVID-19**

- Individuals experiencing symptoms of COVID-19 should remain at home or will be sent home and should consider being tested for COVID-19. Parents should contact their child's doctor for guidance.
- Regardless of whether they are tested for COVID-19, the person should remain at home until they have had a **significant** improvement (at least 50 % except for loss of taste/smell) in symptoms and no fever for 24 hours without the use of fever-reducing medicine.

### **Positive cases (Isolation)**

- For individuals who have tested positive for COVID-19, they should remain at home for a full 5 days of isolation. Day 1 is 24 hours after the onset of the first symptom. They may return to school beginning on day 6 if they are no longer experiencing symptoms or have had **significant** (at least 50 % except for loss of taste/smell) improvement in symptoms and no fever for 24 hours without the use of fever-reducing medicine.
- The CDC/ADPH guidance recommends that a well fitting mask should be worn for an additional 5 days. The CDC recommends if the person is unable to wear a mask, then isolation should continue for 10 days from symptom onset.

### **Exposure to a positive case outside of the school setting (Quarantine)**

- Exposures outside of school are at increased risk of transmission. For that reason, individuals that are exposed to a case outside of the school setting should be kept home from school for a full 5 days and be asymptomatic to return.
- The CDC/ADPH guidance recommends that a well fitting mask should be worn for an additional 5 days. They also recommend that if the person is unable to wear a mask, then quarantine should continue for an additional 5 days.
- Exemptions are allowed for adults that have received a vaccine booster or have been vaccinated within the last 5 months with the m-RNA vaccine Pfizer or within the last 6 months for Moderna or within the last 2 months with a J&J vaccine. Exemptions are allowed for students who have fully completed any vaccine series. The CDC recommends mask wearing for 10 days after exposure.
- Exemptions are allowed for previous infections within the last 90 days. The CDC recommends mask wearing for 10 days after exposure.

### **Exposures at school**

- In school exposures are at a lower risk of transmission. Parents will continue to receive a notification when a positive case of COVID-19 has been identified in a classroom.
- Persons exposed in the school setting will be allowed to attend school if they remain asymptomatic.