



## DECEMBER 23 COVID-19 UPDATE FROM THE HEALTH DEPARTMENT

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**What and who is FULLY VACCINATED:** A person is considered FULLY VACCINATED 14 days after they have received their SECOND DOSE of the COVID vaccine

**CLOSE CONTACT:** 15 minutes total over the previous 24 hours within 6 feet- remember vehicles and sleeping arrangements count

**SYMPTOMS:**

- o Fever (100.0 Fahrenheit or higher), chills, or shaking chills
- o Difficulty breathing or shortness of breath
- o New loss of taste or smell
- o Muscle aches or body aches
- o Cough (not due to other known cause, such as chronic cough)
- o Sore throat
- o Nausea, vomiting, or diarrhea
- o Headache when in combination with other symptoms
- o Fatigue, when in combination with other symptoms
- o Nasal congestion or runny nose (not due to other known causes such as allergies)

**ALL CLOSE CONTACTS FROM 48 HOURS BEFORE SYMPTOMS STARTED OR POSITIVE TEST WAS TAKEN NEED TO BE NOTIFIED- THIS IS YOUR PERSONAL RESPONSIBILITY**

## WHAT TO DO:

**IF exposed and fully vaccinated =** NO TEST / NO QUARANTINE, MONITOR FOR SIGNS/SYMPTOMS OF ILLNESS FOR 14 DAYS, IF YOU BECOME SYMPTOMATIC....GET PCR TESTED RIGHT AWAY.

**IF exposed and NOT fully vaccinated:**

- You need to isolate from others for 7 days with plans to return to normal activities on Day 8 from exposure, provided you have not developed symptoms **and** have had a negative PCR or monitored antigen test on Day 5 or later (THIS DOES NOT INCLUDE SELF TESTS).

- Please continue to monitor for 14 days for symptoms and if you develop symptoms- GET tested! If you choose not to do a PCR or monitored antigen test, then you should isolate for 10 days, returning to normal activities on Day 11 (provided you have not developed symptoms. The last contact of exposure is considered Day Zero- count your days from there.
  
- **DPH Self-Testing Tips:**
  - **Self-Tests are great in many ways and have lots of utility-** but they are the responsibility of the person taking them. They are NOT the responsibility of public health.
  - **People with Self-Tests should notify their OWN contacts.**
  - **Self-Tests are NOT OFFICIAL TEST RESULTS for many scenarios, and people should consider that when determining which test type to perform.**
    - If someone has a positive self-test – they should act like they are positive and isolate.
  
- **Main Page for All things COVID-19 Testing:** <https://www.mass.gov/covid-19-testing>
  - **Search Engine for Finding COVID-19 Testing:**
    - <https://www.mass.gov/info-details/find-a-covid-19-test>
  - **About COVID-19 Testing (General FAQs for the public about COVID-19 Testing)**
    - Who should be tested, what are the tests, what to do if you are positive, resources in different languages, etc.
    - <https://www.mass.gov/info-details/about-covid-19-testing>
  - **Self-Tests (Over-the-Counter (OTC) Tests) FAQs and General Guidance for the Public**
    - <https://www.mass.gov/info-details/using-a-covid-19-self-test>

**\*\*\*SHARON WILL NOT BE RECEIVING FREE COVID TESTS TO GIVE TO RESIDENTS- THESE TESTS WENT TO 106 IMPROVERISHED, UNDER-SERVED AND HIGH-RISK COMMUNITIES**

# SHARON SCHOOLS INFORMATION

## COVID Guidance for Caregivers Over 2021-2022 BREAK:

DESE and our school department are encouraging our nurses to also take a break December 24, 2021-January 2, 2022. Our nurses will not be answering their phone nor responding to their email during this time. To ensure a SAFE AND ORDERLY RE-ENTRY FOR ALL TO IN-PERSON LEARNING ON MONDAY, 1/3/22 the following is a guide for your reference. Our COVID resources are available at anytime via our website: <https://www.sharonschools.net/en-US/covid-19-sps-protocols-beaad379>.

If you have a pressing concern related to Covid-19, contact your primary care provider, and/or the Sharon Board of Health at 781-784-1500 X1141. School nurses will be checking their emails periodically but will not respond until January 3, 2021. We are asking that you continue to email the nurses so that we may ensure DESE protocols are being followed.

## CURRENT SPS PROTOCOL

***What and who is FULLY VACCINATED:*** A person is considered FULLY VACCINATED 14 days after they have received their SECOND DOSE of the COVID vaccine

***IF exposed and fully vaccinated =*** NO TEST / NO QUARANTINE, MONITOR FOR SIGNS/SYMPTOMS OF ILLNESS FOR 14 DAYS, IF STUDENT BECOMES SYMPTOMATIC....GET PCR TESTED RIGHT AWAY.

***IF there is a positive case in the home:*** Please send an email to your school nurse of any positive cases within the household and specific information about when the person tested positive. This will help us determine when your student can safely return to school.

***IF your student is symptomatic, tests positive, or is identified as a close contact,*** please be AS SPECIFIC AS POSSIBLE, with the information provided in your email to us regarding their symptoms, date of onset, date of exposure if there was one, and date of the PCR-TYPE tests with a copy of the results attached. Specific information will help us get the correct information to you about your student's return to school.

**\*If your student develops symptoms on or after December 24, 2021, a negative PCR-TYPE COVID TEST is needed to return to school. The alternative is a 10-day quarantine from the onset of symptoms which will run past our return date of January 3, 2022\***

If you are unsure if your student can attend school, please DO NOT send them in until they have been cleared by the school nurse.

If you have a **PENDING PCR-TYPE TEST RESULT, for ANY REASON, DO NOT** send your student to school until negative test results have been received and sent to the school nurse.

**We cannot accept home tests for clearance to return to school for any reason.**