



CCS Health Protocol: Returning to Campus After Having COVID-19 or Exposure to COVID-19

Each person who is infected by COVID-19 will have a unique experience. All individuals, students and staff who have tested positive for COVID-19, exhibit ongoing signs of the illness or have had a known exposure to a person who is COVID-19 positive need to remain at home until the situation is deemed safe. There are many different factors to consider when bringing a student or staff member back onto the CCS campus healthy.

1. "I have a COVID-19 positive test or think I have COVID-19 symptoms..."
It is safe for you to be around others after it has been 10 days since your symptoms first appeared, all of your symptoms have improved or resolved, and the last 24 hours have been fever free with no help of fever-reducing medications (such as Tylenol, Motrin, Advil, Aleve or Aspirin). If your symptoms persist longer than this timeframe, see the situation outlined in #2.
2. "I have a COVID-19 positive test or think I have COVID-19 symptoms, but they are not going away..."
If an individual's COVID-19 symptoms persist or continue for more than 14 days (two weeks), a doctor's note medically clearing the individual to return to school OR clearance from the Hillsborough County Public Health Department OR lab confirmation of a person's negative status (two consecutive nose or throat swabs collected at least 24 hours apart) will be needed prior to coming back to campus. According to the World Health Organization (WHO), symptoms will remain mild to moderate and resolve within a two-week timeframe in approximately 80% of COVID-19 illnesses.
3. "I tested positive for COVID-19 but have no symptoms..."
You are considered an asymptomatic case. Although you feel perfectly normal and healthy, it is still possible to transmit the COVID-19 virus to others. It is safe for you to return to campus after 10 days have passed from the date of your positive test. Additionally, you must remain symptom free throughout this time period. If symptoms do develop see the situation outlined in #1.
4. "I have been around a person who tested positive for COVID-19..."
It is important to remember that anyone who has had close contact with someone with COVID-19 has the potential to develop and spread the illness themselves. As a result, you should stay home and quarantine yourself for 14 days after the LAST known exposure. For example, if you were in contact with the positive person on Monday, Wednesday and Thursday then your 14-day quarantine would start the day after Thursday's date. While you are home during this time, separate yourself from others as much as possible. It is safe for you to return to campus after 14 days have passed and no symptoms have developed. If symptoms do develop see the situation outlined in #1.
5. "Someone in my household is positive for COVID-19 or exhibiting ongoing COVID-19 symptoms..."
A person with COVID-19 is considered contagious 48 hours before the start of their symptoms and throughout the duration of their illness. As long as their symptoms are present, the virus can be spread. Again, most people resolve these symptoms between 10 and 14 days after their illness first appears. If you continue to live in the same household with the ill individual(s), your

14-day quarantine period STARTS after the last day of illness for ANY affected household member(s). It is safe for you to be around others after this 14-day period has passed and no symptoms have developed. If symptoms do develop see the situation outlined in #1.

6. “I have a weakened immune system and am considered immunocompromised due to a health condition or medication I take...”

If you know you are COVID-19 positive, exhibit ongoing COVID-19 symptoms or have been in close contact with a known exposure, it is imperative to reach out to your primary health care provider or specialized medical doctor who is familiar with your needs and medical care. People with conditions that weaken their immune system might need to stay home longer than 10 days as well as may need more supportive care as they heal from the virus. It is important to work closely with your doctor throughout this time period. It is necessary to obtain a doctor’s note medically clearing your return to campus as well as any medical recommendations needed to successfully come back.

If during the school year any of the above situations apply to a student or staff member, please inform the CCS School Nurse via email (daltieri@cslancers.com) or phone (813.872.6744). HIPAA will be maintained and confidentiality kept. The school nurse serves as an excellent resource and support system for CCS families and staff going through these difficult situations. Twenty-four (24) hours prior to the intent to return to campus, all students and staff who were COVID-19 positive, exhibiting COVID-19 symptoms or quarantined due to a COVID-19 exposure need to notify the school nurse of their decision to come back to school. Working together, the school nurse will help to ensure a smooth transition back to campus for all involved.