






I'M SICK, WHAT DO I DO?

Updated: 9/10/2021

	<p>Monitoring Symptoms</p>	<p>Self-monitor for COVID-19 symptoms and exposure before leaving the house. If your child is experiencing symptoms, stay home and contact MVC at (831) 722-8178, HSAffendance@mvcs.org, or MSAttendance@mvcs.org.</p> <ul style="list-style-type: none"> • Fever/chills • Cough • Shortness of breath/difficulty breathing • Fatigue • Muscle/body aches • Headache • New loss of taste/smell • Sore throat • Congestion/runny nose • Nausea/vomiting • Diarrhea
	<p>Isolation</p>	<p>Students or staff with COVID-19 symptoms or who test positive for COVID-19 must isolate.</p> <p>Prior to returning to work/school, meet both #1 and #2 and one of the conditions in #3.</p> <ol style="list-style-type: none"> 1. At least 24 hours have passed since resolution of fever without the use of fever-reducing medications <p>AND</p> <ol style="list-style-type: none"> 2. Other symptoms have improved <p>AND</p> <ol style="list-style-type: none"> 3. They have a negative *PCR test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative diagnosis, OR at least 10 days have passed since symptom onset. <p>*Free PCR tests are available through SCCOE and Inspire Diagnostics at Cabrillo College parking lot K Monday thru Friday from 2-5pm. Before heading for a test, register via this link. Test results should be available in 24-48 hours.</p>
	<p>Quarantine after exposure</p>	<p>Vaccinated Asymptomatic fully vaccinated individuals need not quarantine after exposure.</p> <p>Unvaccinated Unvaccinated individuals must quarantine if they are exposed to a COVID-19 positive case when one or both parties were <u>not wearing a mask</u>. Quarantine can end after Day 10 from the date of last exposure without testing; OR Quarantine can end after Day 7 if a diagnostic specimen (antigen or PCR) is collected on Day 6 from the date of last exposure and tests negative.</p> <p>Everyone Asymptomatic close contacts must continue to self-monitor for symptoms through day 14 from last known exposure. If any symptoms develop during this 14 day period, they must immediately isolate, get tested and contact their healthcare provider.</p>