






Student Health Protocols

	Monitoring Symptoms	<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, HSAttendance@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 	<ul style="list-style-type: none"> • Headache • New loss of taste/smell • Sore throat • Congestion/runny nose • Nausea/vomiting • Diarrhea

I'm Sick

	Isolation	<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 AND 2. Other symptoms have improved AND 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>
--	------------------	---

	Isolation after testing positive for COVID-19	<p>Students and staff who have tested positive for COVID-19 who have symptoms must isolate at home. They may discontinue isolation under the following conditions:</p> <ul style="list-style-type: none"> • At least 10 days have passed since symptoms onset; AND • At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; AND • Other symptoms have improved <p>For students and staff who have tested positive for COVID-19 but are asymptomatic, CDPH recommends that they may discontinue isolation under the following conditions:</p> <ul style="list-style-type: none"> • At least 10 days have passed since the date of the first positive COVID-19 diagnostic test. • If they develop symptoms, then the strategies for discontinuing self-isolation for symptomatic persons above should be used. • Further testing is not recommended after a positive PCR test. A single PCR test confirms a positive COVID-19 case; subsequent negative tests taken soon after do not invalidate the result.
--	--	--

I'm A Close Contact



Modified Quarantine: after exposure where both parties are wearing masks at school

Fully vaccinated individuals need **not** quarantine after exposure.

When a **student** is exposed **at school** (more than 15 minutes over a 24-hour period within 0-6 feet) where **both parties were wearing a mask** in any school setting in which students are supervised by school staff (including indoor or outdoor school settings and school buses, including buses operated by public and private school systems), unvaccinated students **may** undergo a **modified 10-day quarantine** and continue to attend school if they:

- are asymptomatic;
- continue to appropriately mask, as required;
- undergo at least twice weekly testing during the 10-day quarantine; and
- continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.

Modified Quarantine **may end after Day 7** if a test is **collected on or on or after Day 5** from the date of last exposure, and tests negative.

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.



Quarantine at Home: after exposure when one or both parties are without a mask or exposure is not in school

Fully vaccinated individuals need **not** quarantine after exposure.

Unvaccinated staff who have close contact to a positive case **must quarantine** and may return to work when 10 days have passed since the last known close contact (regardless of if both parties were wearing masks or not).

Unvaccinated students **must** quarantine at home if they are exposed to a COVID-19 positive case outside of school or when one or both parties were not wearing a mask. 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 is collected on or after Day 5 from the date of last exposure and tests negative.

Note: Unvaccinated individuals exposed to a positive case in the home are considered continuously exposed and begin their quarantine after their positive household member completes their 10 day isolation period.

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.



Quarantine after exposure

Fully vaccinated individuals need **not** quarantine after exposure.

Unvaccinated staff who have close contact to a positive case **must quarantine** and may return to work when 10 days have passed since the last known close contact (regardless of if both parties were wearing masks or not).

Unvaccinated students **must** quarantine at home if they are exposed to a COVID-19 positive case outside of school or when one or both parties were not wearing a mask. 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 is collected on or after Day 5 from the date of last exposure and tests negative.

Note: Unvaccinated individuals exposed to a positive case in the home are considered continuously exposed and begin their quarantine after their positive household member completes their 10 day isolation period.

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.



**Individuals
who
Recovered
from COVID19**

Individuals who have recovered from COVID19 do not need to test, quarantine or isolate for 90 days after completion of their isolation period. After 90 days of completion of their isolation period, the fact that they recovered from COVID19 should have no bearing on the application of the protocols for testing, quarantining and isolation