

Marysville Joint Unified School District
COVID-19 Guidance
Updated January, 2023

What To Do If You Are Sick

Mild Symptoms

People with mild symptoms, who are not sick enough to be hospitalized, should self-isolate at home. These people should:

- Get tested immediately for COVID-19 if they haven't already.
- Please report any positive test results to your school site or workplace supervisor
- May return for in-person instruction when the following criteria have been met:
 - At least 24 hours have passed since the resolution of fever without the use of fever-reducing medications AND
 - Other symptoms have improved AND
 - A negative test for COVID-19 OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition OR a healthcare provider has confirmed an alternative diagnosis OR at least 10 days have passed since symptom onset

Severe Symptoms

People with severe symptoms of respiratory illness should call their healthcare provider immediately. Call ahead so that you can be safely evaluated to prevent exposing others. Your healthcare provider will evaluate you and determine your illness's best course of action, including whether or not you should be tested.

What to do if you have tested positive for COVID-19 (applies to **all students and staff**, regardless of vaccination status, previous infection, or lack of symptoms)

Avoid close contact with others

- Stay home for at least 5 days from the start of symptoms or the date of the positive test, whichever is first

- If you meet **all the following criteria**, you may end isolation after day 5.
 - negative antigen test with a sample from day 5 or later AND
 - symptoms improving AND
 - no fever for 24 hours without fever-reducing medication AND
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should continue until the fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10
- Inform any individual you may have had close contact with (within 6 feet, with or without a mask, for 15 minutes or more within 24 hours). Consider any close contacts two days prior to symptom onset.
- For individual questions and concerns, contact our COVID Team at jwells@mjusd.k12.ca.us.
- Review [CDPH isolation guidance](#) from January 17, 2023

What to do if you have been exposed* to a positive case in a school setting

If you have been informed that you were potentially exposed to an individual with COVID-19, CDPH and Cal OSHA recommend the following guidelines for students and staff, respectively:

STUDENTS:

- ***For students who are asymptomatic or were previously infected with (laboratory-confirmed) SARS-CoV-2 within the last 30 days:***
 - Quarantine is NOT recommended. Students without symptoms may remain in school and participate in all school activities. If symptoms develop, test and stay home (See above “What to do if you are sick”)
 - Test for COVID-19 3-5 days post-exposure
 - Recommended to mask for 10 days post-exposure [CDPH masking guidance](#)

What to do if the student has been exposed* to a positive case outside of school (Home Exposure)

- **For students that live with the person who has COVID-19**
 - **The student is asymptomatic**
 - May return to campus.
 - Test on day 3
 - Recommended to mask for 10 days post-exposure while around others. [CDPH masking guidance](#)
 - **The student is symptomatic**
 - Stay home.
 - Test right away
 - If positive, follow “What to do if positive” above

Staff

- **For employees who are asymptomatic**
 - No quarantine necessary
 - Recommended to wear a well-fitting mask around others for 10 days after last exposure
 - Monitor for symptoms; if you develop symptoms, stay home and test
 - get tested on day 5
 - If the test is positive, follow the isolation guidelines above
- **For symptomatic employees:**
 - Stay home
 - Test Immediately

If an exposed individual becomes symptomatic, it is recommended that they isolate and get tested immediately, regardless of vaccination status. Wait for test results and symptoms to improve before being around others.

*Exposed means a positive individual was within 6 feet of you for 15 minutes or more in a 24-hour period. Contact tracing should include any close contacts for the 2 days (48 hours) prior to the positive test or symptom onset.

See [CDC guidance](#) for COVID-19 vaccination information.

