

Quick Reference COVID Guide

If a student has symptoms that align with COVID:

- Stay Home and isolate
- Take COVID test as soon as possible.
- Student(s) can return when symptoms subside and without fever reducing medication for 24 hours.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or Chills
- Cough
- Shortness of Breath
- Fatigue
- Muscle or Body Aches
- Headache
- New Loss of Taste/Smell
- Sore Throat
- Congestion
- Nausea or Vomiting
- Diarrhea

Isolation and Quarantine Recommendations for the General Public (not applicable to healthcare personnel)

Table 1

| Persons Who Test Positive for COVID-19 (Isolation) | Recommended Action |
|---|---|
| Everyone, regardless of vaccination status, previous infection or lack of symptoms. | <ul style="list-style-type: none">• Stay home (PDF) for at least 5 days.• Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on day 5 or later tests negative.• 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 be continued until fever resolves.• If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) <p>*Antigen test preferred.</p> |

Table 2

| Persons Who are Exposed to Someone with COVID-19 (Quarantine) | Recommended Action |
|---|--|
| <ul style="list-style-type: none">• Unvaccinated; OR• Vaccinated and booster-eligible but have not yet received their booster dose.** <p>(Refer to CDC COVID-19 Booster Shots to determine who is booster eligible)</p> | <ul style="list-style-type: none">• Stay home (PDF) for at least 5 days, after your last contact with a person who has COVID-19.• Test on day 5.• Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.• If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information).• Strongly encouraged to get vaccinated or boosted.• If testing positive, follow isolation recommendations above.• If symptoms develop, test and stay home. |

** Workplace Setting (not applicable to healthcare personnel):

In a workplace setting, asymptomatic employees in this category are not required to stay home from work if:

- A negative diagnostic test is obtained within 3-5 days after last exposure to a case
- Employee wears a well-fitting mask around others for a total of 10 days
- Employee continues to have no symptoms.

Table 3

| Persons Who are Exposed to Someone with COVID-19 (No Quarantine) | Recommended Action |
|---|--|
| <ul style="list-style-type: none">• Boosted; OR• Vaccinated, but not yet booster-eligible. <p>(Refer to CDC COVID-19 Booster Shots to determine who is booster-eligible)</p> | <ul style="list-style-type: none">• Test on day 5.• Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information)• If testing positive, follow isolation recommendations above.• If symptoms develop, test and stay home. |

Close Contact

While both [self-isolation](#) and [self-quarantine](#) refer to ways to prevent the spread of illness, they do not mean the same thing. Close contacts who were **exposed to COVID-19 need to self-quarantine**, which means staying home for 14 days while waiting to see if they get sick.

These students may have a Modified Quarantine if asymptomatic during the quarantine. We will follow the guidance previously noted:

- Quarantine for 10-days, no test needed, and return to school on day 11 OR
- Quarantine for 5-days, test on day 5 and get a negative test, return to school on day 6.

COVID Clinic

School site testing staff and students

| 1st Healthcare Provider | | | | | | | | | |
|-------------------------|----------|---------------|----------|---------------|----------|---------------|------|---------------|----------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 9:44 - 10:36 | MHS PD 3 | 9:44 - 10:36 | MHS PD 3 | OPEN | OPEN | 7:55 - 8:47 | MJHS | 9:30 - 10:15 | MHS PD 3 |
| 10:41 - 11:33 | MHS PD 4 | 10:41 - 11:33 | MHS PD 4 | 9:40-11:15 | MHS PD 4 | 8:51 - 9:43 | MJHS | 10:20 - 11:05 | MHS PD 4 |
| LUNCH | | LUNCH | | LUNCH | | 9:54 - 10:46 | MJHS | TRAVEL | |
| 1:00 - 1:30 | BRSA 3rd | 12:45 - 1:25 | KA 3rd | 12:25 - 1:15 | HES 1st | 10:50 - 11:42 | MJHS | OPEN | OPEN |
| 1:30 - 2:00 | BRSA 4th | 1:25 - 1:55 | KA 4th | 1:15 - 1:45 | HES 2nd | LUNCH | | LUNCH | |
| 2:00 - 2:30 | BRSA 5th | 1:55 - 2:30 | KA 5th | OPEN | OPEN | 12:26 - 1:18 | MJHS | 1:00 - 1:40 | KA 6th |
| OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | 1:22 - 2:14 | MJHS | TRAVEL | |
| OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | 2:18 - 3:10 | MJHS | 2:00 - 2:20 | HES 6th |
| 2nd Healthcare Provider | | | | | | | | | |
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 9:44 - 10:36 | MHS PD 3 | 9:44 - 10:36 | MHS PD 3 | OPEN | OPEN | 7:55 - 8:47 | MJHS | 9:30 - 10:15 | MHS PD 3 |
| OPEN | OPEN | OPEN | OPEN | 10:10 - 10:20 | HES TK | 8:51 - 9:43 | MJHS | TRAVEL | |
| TRAVEL | | TRAVEL | | 10:20 - 10:40 | HES K | 9:54 - 10:46 | MJHS | OPEN | OPEN |
| 11:30 - 11:40 | BRSA TK | 11:30 - 11:40 | KA TK | 10:40 - 11:20 | HES 3rd | 10:50 - 11:42 | MJHS | OPEN | OPEN |
| 11:40 - 12:10 | BRSA K | 11:40 - 12:10 | KA K | LUNCH | | LUNCH | | LUNCH | |
| LUNCH | | LUNCH | | 12:25 - 1:05 | HES 4th | 12:26 - 1:18 | MJHS | OPEN | OPEN |
| 1:10 - 1:40 | BRSA 1st | 1:10 - 1:40 | KA 1st | 1:05 - 1:45 | HES 5th | 1:22 - 2:14 | MJHS | OPEN | OPEN |
| 1:40 - 2:20 | BRSA 2nd | 1:40 - 2:20 | KA 2nd | OPEN | OPEN | 2:18 - 3:10 | MJHS | 1:55 - 2:35 | BRSA |

Community COVID Clinic located at the Learning Center

Hours 9:30am - 6:30pm

MUSD Travel Guidance

Domestic and International Travel

Unvaccinated:

Staff and students traveling domestic or international will be required to quarantine upon return to California.

- The 5-day quarantine will begin the date the individual/family returns.
- COVID tests will be required for all unvaccinated students and staff 3-5 days after return.

Vaccinated:

If the staff or student is fully vaccinated and shows no symptoms of COVID, there will be **NO** quarantine period. Proof of vaccination status must be provided to the site upon return. California Department Public Health recommends COVID Testing 3-5 days after return.

State mandates are fluid and are subject to change at any given time. This is the guidance as of December 13, 2021.

Free COVID-19 testing sites in the Kern County area can be located using an interactive map available at this [link](#).