












When Should I Stay Home From School or Work?

Symptoms commonly found with COVID-19 or other viral infections

-  Sore throat
-  Headache
-  Congestion / runny nose
-  Fatigue / muscle or body aches
-  Nausea / vomiting / diarrhea

Symptoms frequently associated with COVID-19

-  Fever ($\geq 99.5^{\circ}\text{F}$)
-  Difficulty breathing
-  Cough
-  Loss of taste / smell

Vaccinated?

Symptoms are the same, but may be less severe

If you have one or more of the symptoms commonly found with viral infections, please stay home.

Before you return to school:

- Test for COVID (we offer testing at 1931 Arena Blvd)
- OR**
- Receive an alternative diagnosis from a health care provider
- AND**
- 24 hours have passed since fever and symptoms have improved

If there are sick household members (not COVID), it is recommended that you test before coming to school.

Even if you are vaccinated, please stay home and get tested if you have any of the symptoms listed above.

If you have symptoms **frequently** associated with COVID, please stay home.

Before you return to school:

- Get tested.
 - If you **test negative**, return to school when 24 hours have passed since fever and symptoms have improved
 - If you **test positive**, please isolate for 10 days and contact your school for more information.

If you have been exposed to someone with COVID, and you are considered a close contact, stay home and get tested. Contact your school site for additional information specific to you.

If someone in the household has tested positive for COVID, you must stay home for 10 calendar days from the date tested. Contact your school for more information.

Exposure to COVID-19 Positive Person?

Stay home and contact your child's school.

Further direction will be provided by the District Nurse during contact tracing.

Final Reminders



Close contact means you were within 6 feet of the positive person for 15 minutes over a 24 hour period of time.



Testing is available to all NUSD students and staff from 7:00 -9:15 am Monday-Friday at 1931 Arena Blvd.



Free community testing every Tuesday from 10:00 am - 4:30 pm in partnership with the County Department of Health at 1931 Arena Blvd. For more information, visit www.natomasunified.org/covid-19/testing.

