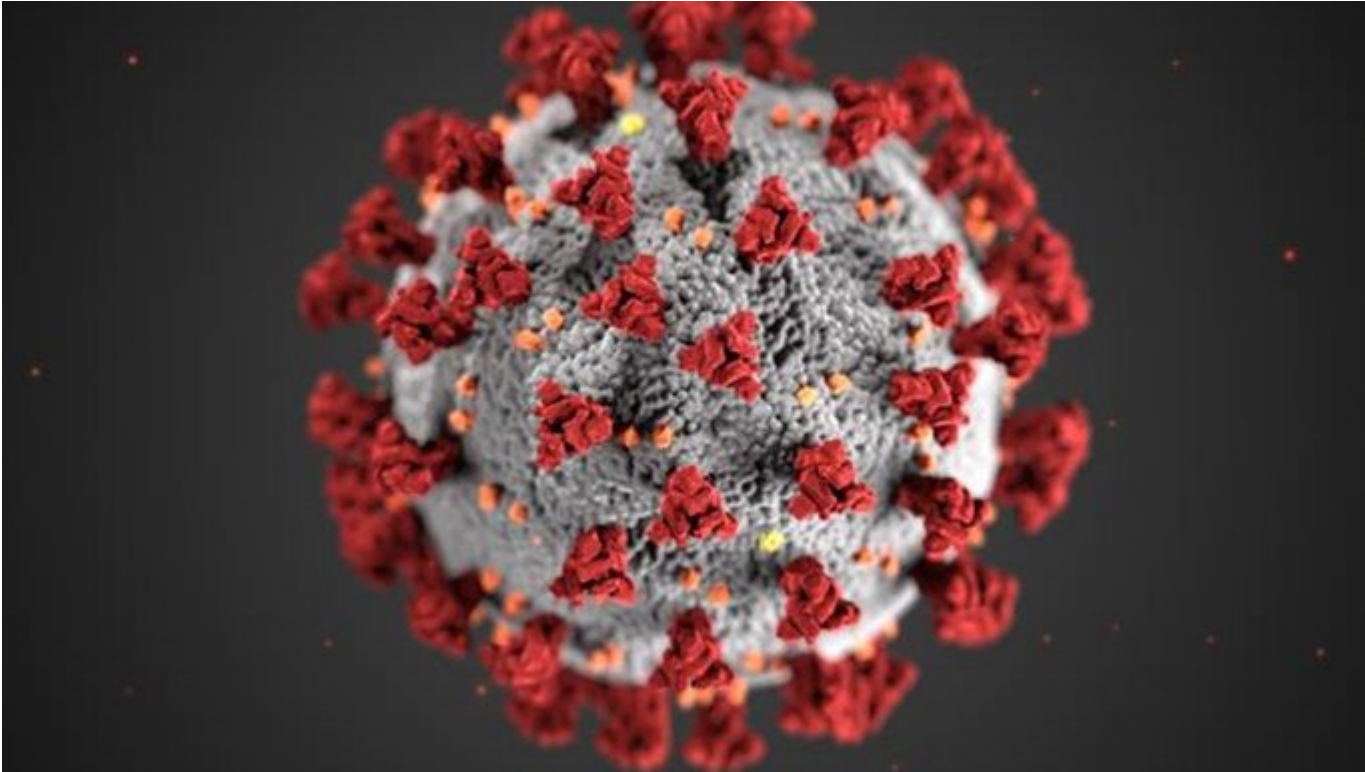


COVID-19 FAQ



What are the symptoms of COVID-19?

Symptoms are different for everyone!

Symptoms may appear 2 - 14 days AFTER exposure

Symptoms can range from mild to severe

Sometimes there are NO symptoms!

COMMON SIGNS/SYMPTOMS : Fever, Cough, Fatigue

EARLY SIGNS/SYMPTOMS: Loss of taste, Loss of smell

12 Possible Symptoms of COVID-19

Symptoms vary by case and typically appear 2–14 days after exposure to the virus.



Fever or Chills



Cough



Shortness of Breath or Difficulty Breathing



Fatigue



Muscle or Body Aches



Headache



New Loss of Taste



New Loss of Smell



Sore Throat



Congestion or Runny Nose



Nausea or Vomiting



Diarrhea

What do I do if I have symptoms of COVID-19?

IF YOU ARE HAVING MILD SYMPTOMS:



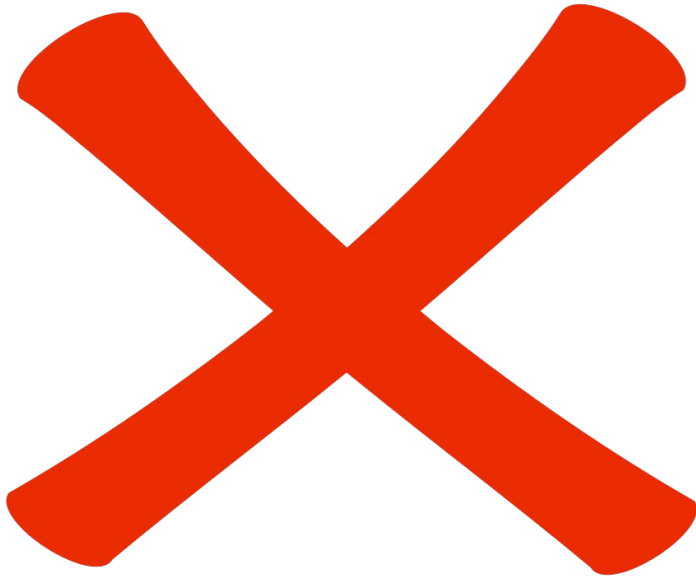
**Self Isolate from family as much
As possible**

Contact your physician

Get tested

What do I do if I have symptoms of COVID-19?

IF YOU ARE HAVING MILD SYMPTOMS:



Do not come to work!

**Do not assume the test is
negative if your symptoms
have improved.**

Do not assume "It's just a cold"

COVID-19 CAN ADVANCE QUICKLY!

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care **IMMEDIATELY!**

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

FREE TESTING SITES

The Stop the Spread program is intended to provide low barrier, free, and easy to access testing to all Massachusetts residents.

- Open to all Massachusetts residents.
- Testing is not restricted to residents of the cities where sites are located
- You don't need to have any symptom(s)
- No cost to you

This information is subject to change, please call ahead to confirm availability

FREE TESTING SITES

SSTAR	386 Stanley St	(508) 679-5222	Mon - Fri 8:30am - 11am	Walk up OR Appointment	English, Spanish, Portuguese
SSTAR	1010 South Main St	(508) 679-5222	Mon - Fri 1pm - 3pm	Walk up OR Appointment	English, Spanish, Portuguese
HEALTH FIRST	387 Quarry St	(508) 678-9111	Mon-Fri 10am - 11am	Drive Up	English, Spanish, Portuguese, Creole
Seven Hills Behavioral Health (VAN)	Seabra Supermarket Parking Lot 440 Stafford Rd	(508) 235-1012	Monday 11am - 3pm	Walk up	English, Spanish, Portuguese
	Seabra Supermarket Parking Lot 440 Stafford Rd	(508) 235-1012	Tuesday 8am-12 noon	Walk up	English, Spanish, Portuguese
	McGovern's 310 Shove St	(508) 235-1012	Wednesday 1pm - 5pm	Walk up	English, Spanish, Portuguese
	Sam's Club Lot 834 Brayton Avenue	(508) 235-1012	Thursday 11am - 3pm	Walk up	English, Spanish, Portuguese

WHAT IF I TEST **NEGATIVE**?

You may return to school when ALL of the following apply:

Have a copy of negative test result

Symptoms have improved

You are fever free for 24 hours without the use of a fever reducing medication such as Tylenol, Advil, etc. **Please note that many cold remedies/pain medications contain fever reducing agents.*

WHAT IF I TEST **POSITIVE**?

Immediately Isolate from others inside your home as best as Possible

- **Contact your health care provider**
- **Get plenty of rest, hydrate, take care of yourself**
- **Cooperate with the Board of Health and Contact Tracing Collaborative**

WHAT IF I TEST **POSITIVE**?

You may return to school when all of the following apply

Self-isolate for 10 days from symptom onset AND at least 24 hours without a fever AND improvement in symptoms.

Board of Health and/or Contact Tracing Collaborative will advise you of the first day you are eligible to return

Repeat testing prior to return is not recommended.

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

ISOLATION

- **Stay in a separate room from other household members, if possible**
- **Use a separate bathroom, if possible**
- **Avoid contact with other members of the household and pets**
- **Don't share personal household items like cups, towels, and utensils**
- **Wear a mask when around other people, if able**

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

QUARANTINE

- **Stay home**
- **Stay away from high risk individuals**
- **Monitor for symptoms**

WHAT IS A CLOSE CONTACT?

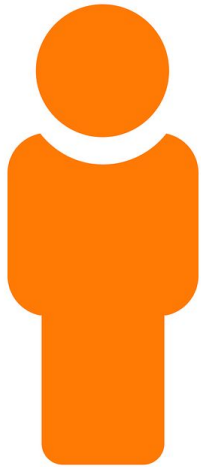
CLOSE CONTACT is defined as:

Being within 6'

of COVID + person

for a TOTAL of

15 minutes over a 24hr period.



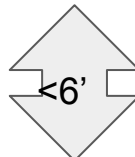
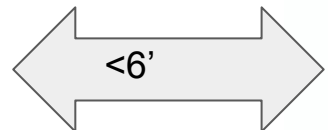
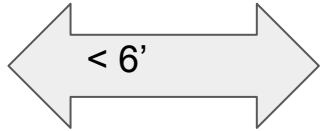
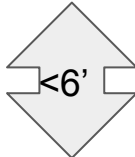
WHAT IF I AM NAMED A CLOSE CONTACT?

Quarantine for 14 days from last contact with COVID positive person or per Board of Health mandate

- *Monitor for symptoms**
- *Stay home from work until cleared to return**
- *Testing recommended on day 4 or 5 after last known contact**
- *If you live with the COVID positive person, quarantine will be longer (each case is unique)**
- *You MUST remain in quarantine, even if test result is negative!**



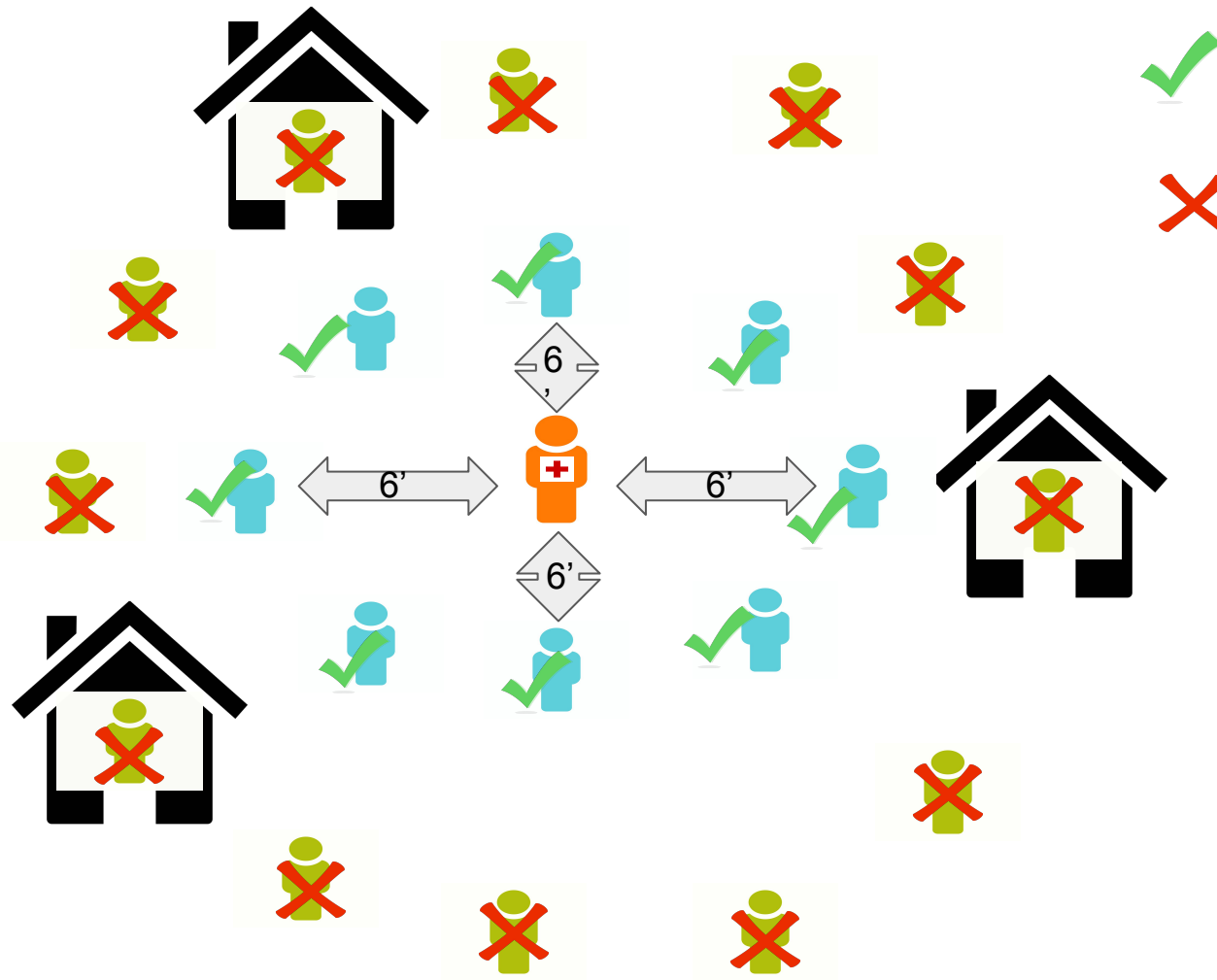
**CLOSE CONTACT
MUST QUARANTINE**



Do my family members or co-workers need to quarantine?

No.

If you, as a named contact, are **NOT** having symptoms,
and you have not tested positive COVID-19,
your contacts do ***not*** need to quarantine.



✓
**CLOSE CONTACT
MUST QUARANTINE**

✗
**Secondary Contact
Does NOT
quarantine**

HOW WILL I KNOW IF I AM A CLOSE CONTACT TO A POSITIVE STUDENT OR STAFF MEMBER?



- If you are identified as a close contact to a person at school, you will be contacted by one of the nurses or a member of administration and advised of the next steps.
- If you feel you might be a contact of a positive person at school, and have not been contacted, please notify one of the nurses immediately. You will be interviewed to determine your risk level.
- **PLEASE NOTE: This interview is necessary to determine your risk level. Please understand this interview is in no way a judgement of you or your professional practices.**

Will I BE PAID IF DIRECTED TO QUARANTINE AND WILL I HAVE TO USE MY SICK TIME?



Please direct all personnel questions to **Kristie Garcia as each situation is unique.**

HOW DO I PROTECT MYSELF?

**Be aware of your physical distance from others. Particularly during maskless encounters such as lunch, coffee breaks, etc.
(Remember that a person may have NO symptoms and still be COVID+)**

Refrain from large gatherings

Wash your hands often!

Wear your mask correctly

How to wear a face mask correctly





PLEASE HELP US HELP YOU!

- Are your seating charts on file with the Health Office?
- Are you keeping a list of students you meet with on an individual basis?
- Are you staying home when you aren't feeling well?
- Are you calling the Health Office prior to sending students down?
- Are you remembering to sanitize/wash your hands?
- Are you taking care of yourself?

????????????????????????????????

**Please feel free to reach out to the Health Office
with any questions/concerns**

@

X1770

x1771

THANK YOU!

Thank you for all your phone calls and emails with student / staff concerns!

We would not be able to stay on top of this without your help!



Steph, Justin, Jen