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

Source: CDC
StLukesHealth.org/COVID-19
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
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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Operating Hours</th>
<th>Method of Access</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSTAR</td>
<td>386 Stanley St</td>
<td>(508) 679-5222</td>
<td>Mon - Fri 8:30am - 11am</td>
<td>Walk up OR Appointment</td>
<td>English, Spanish, Portuguese</td>
</tr>
<tr>
<td>SSTAR</td>
<td>1010 South Main St</td>
<td>(508) 679-5222</td>
<td>Mon - Fri 1pm - 3pm</td>
<td>Walk up OR Appointment</td>
<td>English, Spanish, Portuguese</td>
</tr>
<tr>
<td>HEALTH FIRST</td>
<td>387 Quarry St</td>
<td>(508) 678-9111</td>
<td>Mon-Fri 10am - 11am</td>
<td>Drive Up</td>
<td>English, Spanish, Portuguese, Creole</td>
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<tr>
<td>Seven Hills Behavioral Health (VAN)</td>
<td>Seabra Supermarket Parking Lot 440 Stafford Rd</td>
<td>(508) 235-1012</td>
<td>Monday 11am - 3pm</td>
<td>Walk up</td>
<td>English, Spanish, Portuguese</td>
</tr>
<tr>
<td></td>
<td>Seabra Supermarket Parking Lot 440 Stafford Rd</td>
<td>(508) 235-1012</td>
<td>Tuesday 8am-12 noon</td>
<td>Walk up</td>
<td>English, Spanish, Portuguese</td>
</tr>
<tr>
<td></td>
<td>McGovern’s 310 Shove St</td>
<td>(508) 235-1012</td>
<td>Wednesday 1pm - 5pm</td>
<td>Walk up</td>
<td>English, Spanish, Portuguese</td>
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<tr>
<td></td>
<td>Sam’s Club Lot 834 Brayton Avenue</td>
<td>(508) 235-1012</td>
<td>Thursday 11am - 3pm</td>
<td>Walk up</td>
<td>English, Spanish, Portuguese</td>
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</table>
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.
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

1. Incorrect: Mask is not covering the nose.
2. Incorrect: Mask is not covering the mouth.
3. Incorrect: Mask is too low on the face.
4. Incorrect: Mask is not properly fitted against the nose.
5. Incorrect: Mask is pulled down over the chin.
6. Correct: Mask is properly fitted and covers the nose and mouth.

Always ensure the mask fits snugly and covers the nose and mouth to be effective.
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