



COVID-19 Cheat Sheets for SANTA PAULA UNIFIED SCHOOL DISTRICT

Committed to Serving Every Student Every Day

Board of Trustees
Chris Wilson, President
Daniel Sandoval
Gabriela Ornelas
Anna Villicana-Arroyo
Jeri Mead
Superintendent

STAY HOME WHEN YOU ARE SICK / SYMPTOMATIC

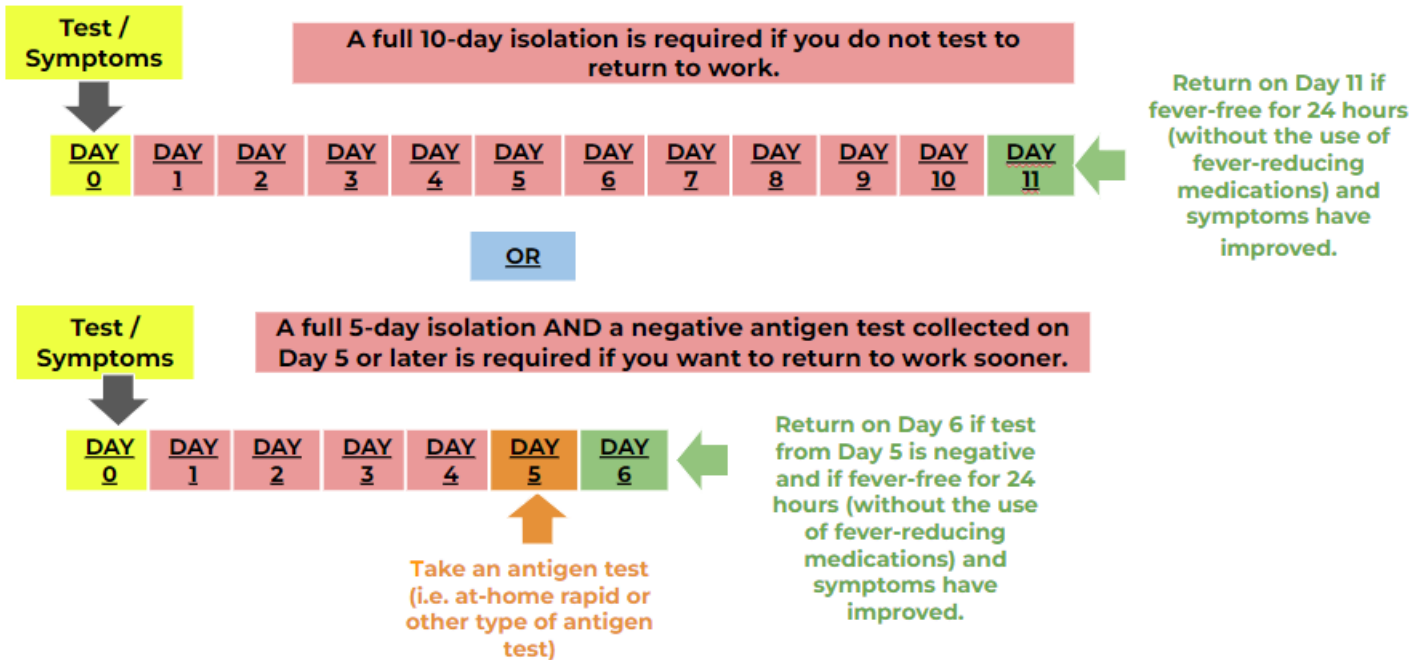
Symptoms include:



Main symptoms include *Cough, Fever (99.5 degrees+), Difficulty Breathing, & Loss of Taste and/or Smell*
[For a full list of symptoms, please visit the CDC's COVID-19 symptom webpage.](#)

TIMELINE AFTER A POSITIVE COVID TEST RESULT OR SICK / SYMPTOMATIC

Required timeframe: If an individual does not test, a full 10-day isolation is required. If you are willing to test, you are able to return to work sooner. See sample timeline below.





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WHAT TO DO WHEN YOU TEST POSITIVE, REGARDLESS OF VACCINATION STATUS:

**Tested COVID-19 Positive with Symptoms
(Symptomatic)**



Isolate

You must stay home until: **At least 5 days have passed since your symptoms first started** and **you have a negative viral (Antigen Test) COVID-19 test collected on day 5 or later** and **you have not had a fever for at least 24 hours** and **your symptoms are improving** and **you must wear a well-fitting mask for 10-14 days.**

-OR-

At least 10 days have passed since your symptoms first started and **you have not had a fever for at least 24 hours** and **your symptoms are improving** and **you must wear a well-fitting mask for 10-14 days.**

Day 0 is the first day of symptoms. Day 1 is the first full day after your symptoms developed.

**Test COVID-19 Positive with NO Symptoms
(Asymptomatic)**



Isolate

You must stay home until: **At least 5 days have passed since the day your initial positive test was taken** and **you have a negative viral (Antigen Test) COVID-19 test collected on day 5 or later** and **you must wear a well-fitting mask for 10-14 days.**

-OR-

You must **stay home for 10 days after your initial positive test was taken if a negative test is not submitted by Day 10.** Once you return **you must wear a well-fitting mask for 10-14 days.**

Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken.



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WHAT TO DO WHEN YOU ARE A CLOSE CONTACT TO A COVID-19 POSITIVE INDIVIDUAL (HOME AND/OR WORK):

