COVID-19 is Present in Your School.
Now What?

UTAH COUNTY HEALTH DEPARTMENT

ALPINE SCHOOL DISTRICT   Nebo SCHOOL DISTRICT   Provo City SCHOOL DISTRICT

It is important to know that COVID-19 is currently circulating in our community and the school environment is no different. As a result, your school will likely be impacted by COVID-19.

You will be notified if you were in close contact with a confirmed case. Close contact is defined as being within 6 feet for 15 minutes or more, with or without wearing masks. Specific to school settings, both preventative measures, wearing a mask and being at least 6 feet apart, must be in place to prevent an exposure. Instructions will be given to students and staff in the case that a person is required to quarantine. If a close contact exposure has occurred, you will be notified by your school COVID-19 Point of Contact or the Utah County Health Department.

6 Feet
For 15 Minutes

Take these steps to prevent the spread of COVID-19 at school and in any setting:

- When possible, maintain 6-foot physical distance from those not in your household
- Wear a mask
- Wash your hands often
- Stay home if you are sick

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:

- cough*
- fever or chills*
- muscle or body aches*
- new loss of taste or smell*
- shortness of breath or difficulty breathing*
- sore throat*

- congestion or runny nose
- diarrhea
- fatigue
- headache
- nausea or vomiting

*These symptoms are criteria to get tested for COVID-19

Symptoms can range from mild to more severe. At this time when COVID-19 is circulating in the community, it is important that you not dismiss any of these symptoms, but rather get tested to rule out COVID-19.

How is COVID-19 spread?

COVID-19 can be spread by being in the same indoor environment, like in a home, car, classroom, workplace, sporting event, etc. for a prolonged period of time with someone who was infected with the virus that causes COVID-19. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

What should I do?

You can prevent infection and/or potential quarantine by wearing a mask/face covering and maintaining physical distance (six feet) when around others in the school and community. Continue to practice good hygiene by washing your hands and cleaning high-touch surfaces often.

If you think you may have been exposed to COVID-19, but have not experienced any symptoms, you will likely not need to be tested. You can monitor yourself for symptoms by paying attention to how you are feeling and taking your temperature every day.

If you develop any of the symptoms of COVID-19, you should be tested. You can find a testing location at coronavirus.utah.gov/testing-locations, health.utahcounty.gov, or contact your healthcare provider.

What if I need immediate medical attention?

If you are ill and need medical attention, call your healthcare provider and let them know if you have any symptoms of COVID-19. They will give you further instructions for how to receive care. If you develop life-threatening symptoms, call 911.

I was tested, can I go to school/work?
If you (students, school employees or volunteers) have tested positive for COVID-19, you need to self-isolate at home according to the instructions given to you by the Health Department and/or the school point of contact.

If you (students, school employees, or volunteers) who have been identified as close contacts of a positive case, you need to quarantine for 14 days at home.
If you (students, school employees, or volunteers) are sick or experiencing COVID-19 symptoms, you need to remain at home. If due to your symptoms, you are being tested for COVID-19 it is essential that you remain at home until you have been informed that the test was negative AND you are no longer experiencing symptoms.

Questions?

 UCHD 801-851-HELP (M-F 8:30-5) OR 1-800-456-7707

health.utahcounty.gov
coronavirusutah.gov

cdc.gov/COVID19

COVID-19 School Manual