

Manistee Catholic Central COVID-19 PROTOCOL 2022-23

All students who have been diagnosed with COVID-19 and/or tested positive must stay home at least 5 days, must be fever free for 24 hours, and be symptom free PRIOR to returning to school. Student can return on the 6th day, but must mask for days 6-10. Masking for days 6-10 is NOT an option, it is required to be at school or school events.

LEVEL OF CONTACT

High-Intensity Contact– contacts at higher risk of contact to airway secretions; their relationship to the person contagious with COVID-19 could include anyone living in the same house (family member, roommate, partner), anyone sleeping in same room (friend, partner), anyone they have had full bodily contact (friends, partners, certain athletics), contact with bodily secretions (intimate partners, kissing, sharing water bottles/food, sharing towels, cleaning up tissues)

Low-Intensity Contact – contacts at lower risk of contact to airway secretions. Their relationship to the person contagious with COVID-19 do not include any of the risks listed for the high-intensity but otherwise meet the definition of close contact below.

Close Contact - Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period

COVID PROTOCOLS

Review the instructions below to determine which protocol suits your circumstance:

#1 When an individual has symptoms of COVID-19 and has tested positive for COVID-19:

- Stay home until:
 - At least 5 days have passed since symptoms started AND you have not had a fever for at least 24 hours AND your symptoms are improving
 - Notify the school that you have tested positive
 - Report any high-intensity contacts that attend school

Return to school after isolating for a minimum of 5 days (return on day 6) AND when fever free and no longer symptomatic. Wear a well-fitting mask days 6 through 10.

#2 When an individual does not have symptoms of COVID-19 and has tested positive for COVID-19:

- Stay home until:
 - At least 5 days have passed since the day of your positive test
 - If you start to have symptoms, follow instructions for protocol #1
 - Notify the school that you have tested positive
 - Report any high-intensity contacts that attend school

If no symptoms develop, return to school after isolating for a minimum of 5 days (return on day 6). Wear a well-fitting mask days 6 through 10.

#3 When an individual has symptoms of COVID-19, but has not tested and did not see healthcare provider:

- Stay home until:
 - At least 5 days have passed since symptoms started AND you have not had a fever for at least 24 hours AND your symptoms are improving

- o Notify the school that you are sick and the symptoms you are having.
- o Consider reporting any high-intensity contacts

Return to school after isolating for a minimum of 5 days (return on day 6) AND when fever free and no longer symptomatic. Wear a well-fitting mask days 6 through 10.

#4 When an individual has symptoms of COVID-19 and has tested negative or has been diagnosed with something else by a healthcare provider:

- Stay home until:
 - o Until you have not had a fever for at least 24 hours AND you have felt better for at least 24 hours (depending on your diagnosis and healthcare provider instructions)
 - o Notify the school that you are sick and the symptoms you are having and any diagnosis you have received
 - o When returning to school, follow current COVID-19 recommendations

#5 When an individual has had high-intensity contact with someone diagnosed with COVID-19 in the past 10-14 days and is NOT up to date with COVID-19 vaccinations AND has not tested positive for COVID-19 within the past 90 days:

- Stay home until:
 - o at least 5 days have passed since exposure to the person with COVID-19
 - o Return to school after isolating for a minimum of 5 days (return on day 6)
 - o Wear a well-fitting mask days 6 through 10
 - o It is recommended to get a COVID-19 test around day 5
 - o If you develop symptoms or test positive, see protocol #1 or #2

#6 When an individual has had high-intensity contact with someone diagnosed with COVID-19 in the past 10-14 days and IS up to date with COVID-19 vaccinations and showing no symptoms OR has tested positive for COVID-19 within the past 90 days:

- o No need for quarantine
- o Monitor closely for symptoms
- o Wear a well-fitting mask for 10 days from the last date of contact with someone with COVID-19
- o It is recommended to get a COVID-19 test around day 5
- o If you develop symptoms or test positive, see protocol #1 or #2

#7 When an individual has had low-intensity contact with someone diagnosed with COVID-19 in the past 10-14 days:

- o No need for quarantine
- o Monitor closely for symptoms
- o Wear a well-fitting mask for 10 days from the last date of contact with someone with COVID-19
- o It is recommended to get a COVID-19 test around day 5
- o If you develop symptoms or test positive, see protocol #1 or #2

Make a COVID-19 Plan



Make a plan for vaccination or learn if you are eligible for boosters.

- Ages 5 months and older can get vaccinated.
- Ages 5 and older can get the booster.
- Ages 50 and older, or 12 and older and moderately to severely immunocompromised, can schedule a second booster.

Learn more about vaccines and whether you're up to date at Michigan.gov/COVIDVaccines.

Keep a supply of well-fitting masks.

Masks are helpful tools to reduce COVID-19 transmission, especially if:

- You are unwell or test positive for COVID-19.
- You have been exposed to someone with COVID-19.
- You are concerned about the risk of transmission in a particular setting. Respect that others may have a risk different than yours.

Learn more about masking at Michigan.gov/MaskUp.

Keep a supply of over-the-counter COVID-19 tests.

Tests are useful for early detection of COVID-19, especially if:

- You have symptoms of or have been exposed to COVID-19.
- You are traveling or will be attending a large or unmasked gathering, test before and after attending large events.

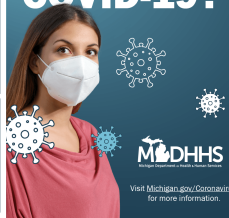
Over-the-counter tests are available at libraries and schools through Michigan's, and through federal distribution programs. Learn more about COVID-19 testing at Michigan.gov/COVIDTest.

Learn if you are eligible for COVID-19 therapeutics.

- Talk to a primary care provider about whether you are eligible for preventative antibodies or for COVID-19 antiviral treatment if you become infected.

Learn more about COVID-19 therapeutics at Michigan.gov/COVIDTherapy.

Do you have COVID-19?



When you are sick or when you have been infected with the virus, even if you do not have symptoms:

Regardless of Vaccination Status	
Day 0	First day of symptoms or test collection day
Day 1	<p>Stay home for 5 days. Wear a well-fitting mask around others.</p>
Day 5	
Day 6	<p>May leave your house on days 6–10 if you have no symptoms or symptoms have improved.*</p> <p>Continue to wear a well-fitting mask around others and take precautions.**</p>
Day 10	



*Symptoms have improved means that a person no longer feels ill, they can keep up and do their daily routine just as they did before they were ill, and any remaining symptoms are very mild, infrequent and do not interfere with daily living.

**Precautions include avoiding travel and avoiding being around people who are at high risk.