

Sonoma Charter School COVID Policy

****Please monitor for symptoms of COVID19. Symptoms of COVID19 may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.**

Possible COVID19 symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Wearing a well-fitting mask over the nose and mouth, while you are indoors with large groups, is highly recommended, but not required. [The best masks for Covid19 protection include N95, KN95 and KF94.](#)
- Staying up-to-date on Covid vaccinations and boosters is also highly recommended, but not required. California strongly recommends that everyone 6 months and older [get vaccinated against COVID-19](#) and [remain up-to-date](#) to protect yourself and reduce transmission of the virus.
- Wash your hands for at least 20 seconds, throughout the day, with soap and water. [When and how to wash your hands.](#) Avoid touching your face.

What to do if you have been exposed to COVID19

Exposure occurs when you are in an indoor space, and within 6 feet of someone who tests positive for COVID19 for a cumulative 15 minutes or more, within a 24-hour period.

- You do not need to stay at home following an exposure, unless you develop symptoms or you test positive for COVID19.
- People who have been exposed should wear a well-fitting mask over their nose and mouth, when they are with others, for 10 days following the exposure.
- Take a COVID19 antigen test 3-5 days after exposure, or sooner if you develop symptoms. _
- Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from school unless symptoms develop.

Stay at home if you are experiencing any of the symptoms of COVID19 (see list above).

- Take a COVID19 antigen test once you are feeling better. Wait at least one day before taking a test. If the test is negative and your symptoms have subsided, you

may return to school. **You need to be fever-free for 24 hours without the use of medication in order to return to school.**

- Take a second test 2 - 3 days after the first negative test, even if you have returned to school. _

What to do if you test positive for COVID19

- Notify the school by calling the main office.
- Isolate at home. Take a second test on day 5, or later than day 5 if your symptoms have not yet subsided. (The date of symptom onset is considered "Day Zero".) If the test results are negative, you have been fever-free for 24 hours without medication, and your symptoms have significantly improved then you may return to school. You will need to wear a well-fitting mask over your nose and mouth for the remainder of the 10 days.
- If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after day 10 if fever-free for 24 hours without the use of fever-reducing medications.
- If your second test is positive, remain in isolation, at home, for the full 10 days.
- You may return to school and other activities on day 11, even if you do not have a negative test, as long as you have been fever-free for 24 hours without the use of medications and your symptoms have significantly improved.

Adopted: 8/20/20

Amended: