

Hello Broncos:

Please read the following information to stay informed on COVID-19 isolation and masking expectations within the school setting.



## Isolation

You should isolate yourself if you are sick and suspect that you have COVID-19, but do not yet have test results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

When you have COVID-19, isolation is counted in days, as follows...

If you had no symptoms:

- Day 0 of isolation is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested

If you had symptoms:

- Day 0 of isolation is the day of symptom onset
- Day 1 is the first full day after the day your symptoms started

If you tested positive for COVID-19, stay home for at least 5 days and distance yourself from others in your home.



## Ending Isolation

The end of isolation is based on symptoms.

If you had no symptoms or you had symptoms and they are improving, you may end isolation after day 5 and return to school. If your symptoms are not improving, continue to isolate until your symptoms are improving.

A dry cough and loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

You must still meet the criteria of the school illness policy to return to school following illness.

Masking is no longer required when returning to school. It is a personal preference.



## Reporting and Questions

To report absence due to COVID-19, please utilize the attendance line. Leave a message specifying that your student has COVID-19 so absences can be calculated correctly and managed by the appropriate party. For school staff, please contact your building administrator and the district COVID liaison.

If you have questions related to return dates, isolation, or masking, please email our COVID liaison, Michelle Matzat. COVID emails and calls are fielded between 7:30-8:30 am every school day morning. Any messages not received within this time period will be handled the following school day. Thank you for your continued support!

COVID liaison - Michelle Matzat - [mmatzat@capsk12.org](mailto:mmatzat@capsk12.org)

Best Regards,

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District School Nurse