

GUTHRIE PUBLIC SCHOOLS 2023-24 COVID PROTOCOL

You should also 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.

IF YOU TEST

Negative

You can end your isolation

IF YOU TEST

Positive

Follow the full isolation recommendations below

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

If you had no symptoms

Day 0 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 develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms

Day 0 of isolation is the day of symptom onset, regardless of when you tested positive

Day 1 is the first full day after the day your [symptoms](#) started

If you test positive for COVID-19, stay home for at least 5 days from onset of symptoms and isolate yourself from others in your home. You are likely most infectious during these first 5 days. End isolation based on how serious your COVID-19 symptoms were, if hospitalized, isolate full 10 days. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms: You may end isolation after day 5.

If you had symptoms and: Your symptoms are improving

You may end isolation after day 5 if: You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving - Continue to isolate until: You are fever-free for 24 hours (without the use of fever-reducing medication) **AND** Your symptoms are improving.