

## Return-to-School Self-Certification for COVID-19\*

Students/Teachers/Faculty (persons) with COVID-19 symptoms and/or a positive test who were directed to care for themselves at home may end self-isolation when at least **24 hours** have passed *since recovery*, meaning:

- Fever free without the use of fever-reducing medications, **and**
- Improvement in symptoms (e.g., cough, shortness of breath), **and**
- At least 10 days\* have passed *since symptoms first appeared*.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue self-isolation when at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Persons suspected of having COVID-19 who have been tested and receive a negative test may discontinue isolation precautions provided they feel well.

If the person is sick with non-COVID-19 symptoms, or if the person has tested negative for COVID-19\*\*, the person must still be *symptom free for 24 hours before returning to school*. If the student is home learning, the student does not have to wait the 24 hours before resuming school duties.

If a person is a close contact (defined as within 6 feet for 15 minutes) of a confirmed positive and requires isolation, that person may return to school after the 14-day isolation period has passed, as long as no symptoms develop.

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### Student Self-Certification

Test Date: \_\_\_\_\_ / \_\_\_\_\_ / 2020

Test Result (circle one):                      Positive                      Negative                      Not tested

Date of Symptom Onset: \_\_\_\_\_ / \_\_\_\_\_ / 2020

Date of Recovery (as defined above): \_\_\_\_\_ / \_\_\_\_\_ / 2020

By signing this document, I verify that I have been symptom-free for 3 days and that the information reported above is correct. Therefore, I can be released from isolation and may resume school-related activities.

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Signature

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Date

\*This form is required by the St. Mary's Dominican High School to return to school.

\*\*The test must be a negative PCR test at least five days after exposure to a positive case or suspected illness.