

# AXTELL COMMUNITY SCHOOL CONTACT WITH COVID-19

## ME & COVID-19

I have been diagnosed with COVID-19.

I have developed one or more symptoms of COVID-19.

Begin home ISOLATION for 10 days.

After 10 days, you may end home ISOLATION if you meet these criteria:

You have not had a fever for at least 24 hours without the use of fever-reducing medication.

--AND--

Other symptoms, like cough or shortness of breath have improved.

## SHOULD I WEAR A FACE COVERING?

If you must leave home, every person regardless of health, **should cover their nose and mouth** with a mask, scarf, bandana or handkerchief, especially when a 6-foot distance is difficult to maintain.

## CLOSE CONTACTS with COVID-19

I live with or have been in *\*close contact* with someone diagnosed with COVID-19.

I live with someone who has developed one or more symptoms of COVID-19.

Begin home QUARANTINE for 14 days.  
Monitor yourself for symptoms

You may end home QUARANTINE if you remain free of symptoms after 14 days.

*\*Close contact is closer than 6 feet, unmasked, for 15 minutes or longer.*

## HOW DO I MONITOR MYSELF FOR COVID-19?

Check your temperature twice a day and look for common symptoms like

- fever
- cough
- shortness of breath

For a full list of symptoms, visit [cdc.gov](https://www.cdc.gov).

If you are concerned about your health or have developed symptoms, contact your health care provider or urgent care.

*People with conditions that weaken their immune system might need to stay home longer than 10 days. Always follow the advice of your healthcare provider.*

#GoAxtell