

Hello,

I am so sorry to hear that you have COVID. I just wanted to send you our general COVID Letter with a list of protocols. I am OSA's COVID liaison, and you can reach out to me at any time via email. I am less available over the weekends but will respond as soon as possible. There will also be a message that is sent to the families of students who may have been exposed.

Welcome to a brand new school year. As always our first priority is to keep our students safe. Unfortunately, COVID is still among us. Here is helpful information on current suggested guidelines and protocols per the California Department of Public Health (CDHP).

### **GOT SYMPTOMS, ACT QUICKLY**

**If you test positive for COVID-19 and have symptoms, call a healthcare provider or urgent care center right away about treatment.** COVID-19 treatments must be taken within 5-7 days of the start of symptoms. Get treatment even if your illness is still mild. Do not wait for symptoms to get worse. Treatments have been shown to be up to 88% effective at preventing serious illness, hospitalization, and death from COVID-19. Learn more at [covid19.ca.gov/treatment](https://covid19.ca.gov/treatment) or call the statewide COVID-19 hotline at 1-833-422-4255.

### **ISOLATE**

If you test positive, you are strongly encouraged to **isolate** (stay home and away from other people) for at least **5 full days**, to prevent spreading the disease to others.

Isolate for at least 5 days counting from the day you began feeling sick (Day 0 is the day you began feeling sick; Day 1 is the next day). If you have no symptoms, then isolate for 5 full days after the day you tested positive (Day 0 is the day you took your positive test; Day 1 is the day after).

You may end isolation *AFTER* Day 5 IF:

- You have no symptoms, or your symptoms are mild and getting better; AND
- You have not had a fever for 24 hours without taking medicine that lowers fevers.

Even if you end isolation earlier, you should continue to wear a mask through Day 10 unless, after ending isolation, you have two negative antigen tests at least a day apart without a positive test in between.