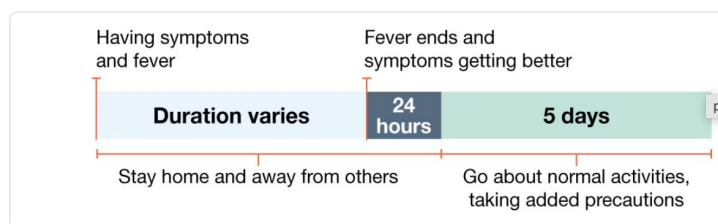


The CDC has updated their guidance surrounding positive tests for COVID-19. BRCPS continues to follow the CDC recommendations:

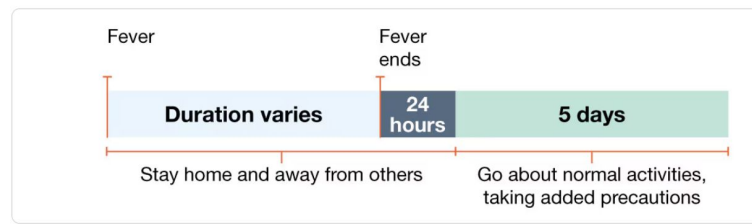
After testing positive, Students and Staff must complete a 24 hour period of isolation and symptom monitoring.

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses. See below for timeline of symptom examples:

Example 1: Person with fever and symptoms.



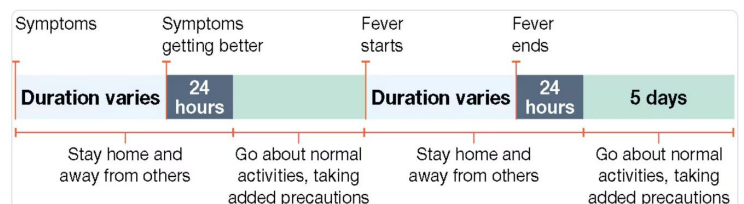
Example 2: Person with fever but no other symptoms.



Example 3: Person with fever and other symptoms, fever ends but other symptoms take longer to improve.



Example 4: Person gets better and then gets a fever.



If symptoms were not present, but tested positive for a respiratory virus:

You may be contagious. For the next 5 days: take added precaution, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

These DESE, BPHC and MA DPH compiled FAQs have been edited for relevance for Family & Staff audiences by BRCPS Health office and Student Services Staff.

How does COVID-19 Spread?

COVID-19 is caused by a respiratory virus. It can spread from an infected person to another person through respiratory droplets when an infected person coughs or sneezes on someone who is within 6 feet. It is like how influenza or other respiratory germs spread. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Current evidence suggests that COVID-19 may remain viable for hours to days on surfaces made from a variety of materials, but once dried on the surface it is not likely to cause infection. Routine cleaning and sanitizing are sufficient to remove any remaining risk for transmission from wet or dry surfaces.

How can I help protect myself and my child?

The best way to prevent infection is to avoid being exposed to this virus. BPHC recommends the same precautions to prevent the spread of other respiratory viruses, like those that cause the flu or a cold:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If there is no soap and water, use an alcohol-based hand sanitizer with at least 70% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Do not share drinks, food, or eating utensils.
- Stay home when you are sick.
- Cover your cough or sneeze with your sleeve (not your hands), or a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Avoid spitting in public.
- Get a flu shot.

Additional Respiratory Virus Information can be found [HERE](#)

Have More Questions?

Reach out to BRCPS Health Office Staff for more information!