



**Mercy High School  
COVID Guidance for Students, Faculty and Staff (as of January 5, 2023)**

**If You...**

...Are a Close Contact	...Are Symptomatic	...Test Positive for COVID
<p>You do not need to quarantine/stay home if you do not have symptoms. It is recommended that you test for COVID on Day 5 after the exposure.</p> <p>If someone in your household has COVID and you develop symptoms, please stay home, self-test, and wear a mask.</p> <p>Test kits are available at school in the main office. Please contact the main office to arrange a pickup.</p>	<p>Anyone who does not feel well should stay home.</p> <p>Anyone who has a fever above 100 degrees should stay home until the fever has resolved for at least 24 hours without the use of a fever-reducing medication and should self-test at home daily until symptoms have resolved.</p> <p>If anyone has mild respiratory symptoms, no fever above 100 degrees, and no known COVID cases in their household, he/she should self-test at home before coming to school every day that he/she has symptoms and the day after the symptoms end, and it is recommended to wear a mask to protect others. Mild respiratory symptoms include infrequent cough, congestion, runny nose, sore throat, headache, and muscle or body aches.</p> <p>Test kits are available at school in the main office. Please contact the main office to arrange a pickup.</p>	<p>Isolate for 5 days from symptom onset or positive test date (if asymptomatic). You may return when symptoms are resolved, and you have been without a fever for 24 hours without the use of a fever-reducing medication. Wear a mask for Days 6 through 10.</p> <p>Use the <a href="#">CDC calculator</a> to calculate dates and call the main office to report the positive case (since our school is required to report it to CT Department of Public Health) and assess whether remote learning access is needed.</p> <p>All athletes with a COVID positive diagnosis will need clearance from their physician to resume sports. This form is available should your doctor request it: <a href="#">Participation Clearance form</a>.</p> <p>For return to play/clearance of <b>documented asymptomatic or mild</b> COVID cases, a physician's note will be accepted lieu of a form. For more severe cases, athletes may need to begin a measured return to sports using the <a href="#">Gradual Return to Play Log</a> depending upon their physician's recommendation.</p>