

Sweet Home School District No. 55  
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Sweet Home, OR 97386

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In coordination with the Linn County Public Health Department, the following is the latest update to COVID-19 Isolation and Quarantine for students, staff, and employees.

## **New Isolation and Quarantine Guidance as of 01/14/2022**

- **Up to date** means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.
- **Fully vaccinated** means a person has completed their primary series of COVID-19 vaccines.

### **Calculating Quarantine**

- **Stay home and quarantine for at least 5 full days.** Stay away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.
- **Wear a well-fitted mask** if you must be around others in your home.
- **Get tested** - Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19. Remember to test staff and students when they are returning from quarantine on day 6.

### **After the 5 day Quarantine**

- **Watch for symptoms** - Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If you develop symptoms, **isolate** immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.
- Take precautions until day 10
- Do not go to places where you are unable to wear a mask.

*IF YOU* were **exposed** to COVID-19 and are **up-to-date** on COVID-19 vaccinations:

- **No quarantine** - you do not need to stay home unless you develop symptoms.
- **Get tested** - Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- **Watch for symptoms** - Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- **If you develop symptoms, isolate immediately and get tested.** Continue to stay home until you know the results. Wear a well-fitted mask around others.
- Take precautions until day 10.
- **Wear a mask** - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

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**IF YOU** were **exposed** to COVID-19 and had **confirmed COVID-19 within the past 90 days** (i.e. you tested positive using a viral test)

- **No quarantine** - you do not need to stay home unless you develop symptoms.
- **Watch for symptoms** - Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- **If you develop symptoms, isolate immediately and get tested.** Continue to stay home until you know the results. Wear a well-fitted mask around others.
- **Take precautions until day 10**
- **Wear a mask** - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

### **Calculating Isolation**

**IF YOU** had COVID-19 and had symptoms, isolate for at least 5 days:

- |                                                                       |                                                      |
|-----------------------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> +100* Fever or chills,                       | <input type="checkbox"/> Headache,                   |
| <input type="checkbox"/> Cough,                                       | <input type="checkbox"/> New loss of taste or smell, |
| <input type="checkbox"/> Shortness of breath or difficulty breathing, | <input type="checkbox"/> Sore throat,                |
| <input type="checkbox"/> Fatigue,                                     | <input type="checkbox"/> Congestion or runny nose,   |
| <input type="checkbox"/> Muscle or body aches,                        | <input type="checkbox"/> Nausea or vomiting, or      |
|                                                                       | <input type="checkbox"/> Diarrhea                    |
- To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

**IF YOU** tested positive for COVID-19 or have symptoms, regardless of vaccination status:

- **Stay home for 5 days and isolate from others** in your home.
- **Wear a well-fitted mask** if you must be around others in your home.
- Ending isolation if **you had symptoms** -
  - End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- Ending isolation if **you did NOT have symptoms** -
  - End isolation after at least 5 full days after your positive test.

**IF YOU** were severely ill with COVID-19:

- **You should isolate for at least 10 days.**
- **Consult your doctor** before ending isolation.
- Take precautions until day 10.
- **Wear a mask** - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.