What is Covid-19? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Vocabulary

Close contact: A person who may be at risk of a contagious disease because of their proximity or exposure to a known case. Exact definition of close contact differs by disease; for COVID-19, the CDC defines a close contact, (with or without a face covering), as someone who has been within less than 6 feet apart for 15 minutes or more, shared household space or acted as a caregiver, had direct physical contact by hugging, touching or kissing, shared food or beverage utensils, were sneezed or coughed upon. (Source: CDC)

Fever: A measured temperature of 100°F [38 °C] or greater per TUSD standard.

High Touch Surfaces: Countertops, tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks, and faucets.

Home isolation: Persons with COVID-19 who have symptoms or laboratory-confirmed COVID-19 who have been directed to stay at home until they are recovered. (Source: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html)

Quarantine: Separates and restricts the movement of people who have had close contact with someone with a contagious disease to see if they become sick.

Physical (Social) distancing: Measures taken to reduce person-to-person contact in a given community, with a goal to slow down the spread of a contagious disease. Measures can include staying 6ft, approximately 2 arms length, apart, not gathering in crowds when on breaks, utilizing face coverings and barriers when indicated.

These symptoms may appear 2-14 days after exposure (based on the incubation period)

- Fever or chills
- New or unexplained cough, sore throat, shortness of breath, or runny nose
- New or unexplained muscle aches, headache, fatigue, nausea/vomiting or diarrhea
- New or unexplained change in your sense of taste or smell

When to Seek Medical Attention

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake or stay awake
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**To disinfect High Touch Surfaces at home mix a diluted bleach solution (1 tablespoon bleach to 1 quart of water) or a household disinfectant that says "EPA approved to kill COVID-19". See TUSD Governing Board Regulation EB-R2-T COVID 19
# COVID-19 Exposure Reference and Guidelines For TUSD Staff, Students, and Families


### Tucson Unified School District
1010 E. Tenth St., Tucson, AZ 85719 | www.tusd1.org/COVID-19

Questions or concerns about COVID-19? Dial 2-1-1. For more information, visit https://www.cdc.gov/coronavirus/2019-ncov/ OR www.pima.gov/covid19. Poison Control at 1-844-542-8201 should be called if an individual has COVID-19 symptoms or an individual who believes that they may have been exposed to COVID-19.

<table>
<thead>
<tr>
<th>If you HAVE, TESTED POSITIVE FOR, ARE BEING EVALUATED FOR, OR HAVE SYMPTOMS CONSISTENT WITH COVID-19, you should:</th>
<th>If you LIVE with someone who has COVID-19, you should:</th>
<th>If you HAVE HAD CLOSE CONTACT* with someone who has tested positive for COVID-19, you should:</th>
<th>If you have had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms), you should:</th>
</tr>
</thead>
</table>
| **HOME ISOLATE** Stay at home until:  
  - 10 days have passed since symptoms first began  
  AND  
  - Your symptoms have improved  
  AND  
  - You remain fever free for 24 hours without fever reducing medication  
  • If you have tested positive for COVID-19 but had no symptoms, you can stop home isolation when 10 days have passed since the day you were tested.  
  • If you have tested negative but continue to have symptoms of COVID-19, with no other diagnosis, you will need to complete 10 days in home isolation.  
  • If you have tested positive for COVID-19 but had no symptoms and your symptoms have improved and you remain fever free for 24 hours without fever reducing medication, you can stop home isolation when 10 days have passed since the day you were tested.  
  • If you have tested negative but continue to have symptoms of COVID-19, with no other diagnosis, you will need to complete 10 days in home isolation.  

*See separate instructions for a person with severe illness or who is severely immunocompromised.* | **HOME QUARANTINE** Stay at home until:  
  - 14 days have passed from the date the person you live with began home isolation.  
  You must be able to achieve physical distancing from the COVID-19 positive person in the household and not share eating/drinking utensils, bathroom and living space, etc.  
  • If you continue close contact with the COVID-19 positive household member then the 14 days of quarantine will re-start when they have completed their 10 days of home isolation and remains fever free, with improving symptoms.  
  • If you continue close contact with the COVID-19 positive household member then the 14 days of quarantine will re-start when they have completed their 10 days of home isolation and remains fever free, with improving symptoms.  

*This may be a child or loved one that, out of necessity, you must continue to assist with their activities of daily living.* | **HOME QUARANTINE** Stay at home until:  
  - 14 days have passed from the date you last had close contact with the person  
  **CLOSE CONTACT WITH A COVID-19 POSITIVE PERSON** With or without wearing a face covering:  
  - You were less than 6 ft. apart for 15 minutes or more.  
  - You shared household space or acted as a caregiver.  
  - You had direct physical contact: touched, hugged, or kissed.  
  - You shared food or beverage utensils.  
  - You were sneezed or coughed upon.  
  • Continue normal work/daily activities while following general recommendations of:  
  - Physical distancing. Stay 6 ft apart.  
  - Frequent handwashing/don’t touch face  
  - Cover your cough/sneezes  
  - Wear cloth face covering  
  - Regularly clean and disinfect high-touch surfaces |

---

*See separate instructions for a person with severe illness or who is severely immunocompromised.*