



COVID-19 Guidelines*

TLC supports the shift toward individual responsibility to ensure the health and safety of everyone in our community. We have updated our COVID guidelines to align with current Mass DPH¹ protocol. **Anyone who is feeling unwell or exhibiting cold symptoms should stay home.**

SYMPTOMATIC:

If a student or staff has one or more of these symptoms:

- Fever (100.0 F or higher)/Chills
- Difficulty breathing/shortness of breath
- Loss of taste or smell
- Muscle/body aches
- Cough
- Sore throat
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Nasal congestion or runny nose

They may not attend work/school until they are:

- Fever free for 24 hours without fever reducing medication;
- Have improved symptoms.

An individual's medical provider may provide additional information.

SUSPECTED EXPOSURE TO COVID-19:

If you have been exposed to someone with COVID, **you do not need to quarantine as long as you remain asymptomatic, regardless of your vaccination status.**

You must wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure. **If you develop symptoms at any time, isolate and take a rapid antigen or PCR test and stay home until you know the result.** Take a rapid antigen or PCR on day 6. If you test positive, follow CDC Isolation Guidance².

TEST POSITIVE FOR COVID-19:

Isolate for minimum of 5 days, beginning from onset of symptoms OR the day the test was taken.

You may attend school/work on Day 6 as long as:

- You have improved symptoms;
- You continue to wear a mask for additional 5 days whenever you are around others;
- You have been fever-free for at least 24 hours without fever-reducing medication.

¹ <https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public>

² <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>