

ABC Montessori

COVID-19 symptoms and positive test Isolation requirements

If you have symptoms or have tested positive for COVID-19

If you have symptoms of COVID-19, assume that you may have the virus and may be contagious.

Symptoms include:

- fever or chills
- cough
- shortness of breath
- decreased or loss of taste or smell
- two or more of:
 - runny nose or nasal congestion
 - headache
 - extreme fatigue
 - sore throat
 - muscle aches or joint pain
 - gastrointestinal symptoms (such as vomiting or diarrhea)

If you have these symptoms, you **should** isolate:

- for at least five days if you are:
 - [fully vaccinated](#)
 - under 12 years of age
- for at least 10 days if you are:
 - over the age of 12 and not fully vaccinated
 - immunocompromised
 - live in a highest risk setting

Your isolation period begins the day **after** you noticed your symptoms or the day **after** you received a positive test result – whichever came first. The day you first noticed symptoms or took the test is considered day zero.

If you reach the end of your isolation period **and** have a fever or other symptoms, you must continue to isolate until your symptoms have improved for at least 24 hours (or 48 hours if the symptoms affect the digestive system) and you have no fever.

If you feel sick but your symptoms are not in the list above, stay home until you feel better for at least 24 hours (or 48 hours if the symptoms affect the digestive system).

If you live with someone who has symptoms or has tested positive for COVID-19

You **do not** need to isolate **if** one of the following applies to you:

- you have previously tested positive in the last 90 days and do not have symptoms
- you are over 18 years old and have received a COVID-19 booster dose and do not have symptoms
- you are under 18 years old and are [fully vaccinated](#) and do not have symptoms

Instead for 10 days after exposure:

- self-monitor for symptoms
- wear a mask and avoid activities where mask removal would be necessary
- do not visit anyone who is at higher risk of illness, such as seniors, or any highest risk settings (unless you previously tested positive in past 90 days)

If you do not meet any of the criteria above, you must isolate while the person with symptoms/positive test result isolates (or for 10 days if you are immunocompromised).