EXCEL CHRISTIAN ACADEMY
COVID-19 PROTOCOLS

COVID Positive Test

- If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**
- If you had no symptoms, You may end isolation after day 5.
- If you had symptoms and Your symptoms are improving. You **may end isolation after day 5** if:
  - You are fever-free for 24 hours (without the use of fever-reducing medication).
- If you had symptoms and had:
  - Moderate illness (you experienced shortness of breath or had difficulty breathing)
  - You need to **isolate through day 10.**

COVID Exposure

After Being Exposed to COVID-19

- Wear a mask as soon as you find out you were exposed
- **Start counting from Day 1**
  - **Day 1 is the first full day** after your last exposure
- **CONTINUE PRECAUTIONS**
  - 10 Full Days
  - You can still develop COVID-19 up to 10 days after you have been exposed
  - Take Precautions
  - **Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public 1**
  - Watch for symptoms
    - fever (100.4°F or greater)
    - cough
    - shortness of breath
    - other COVID-19 symptoms
- **If you develop symptoms**
  - isolate immediately
  - get tested
  - stay home until you know the result
- If your test result is positive, follow the isolation recommendations.
- **GET TESTED**
  - Day 6
  - Get tested at least 5 full days after your last exposure
  - Test even if you don't develop symptoms.
- **IF YOU TEST**
  - Negative
    - **Continue taking precautions through day 10**
      - Wear a high-quality mask when around others at home and indoors in public
- **You can still develop COVID-19 up to 10 days after you have been exposed.**
- **IF YOU TEST**
  - Positive
    - Isolate immediately