

# Have you been exposed to or tested positive for COVID-19?

If you have tested **POSITIVE FOR COVID-19** and have **SYMPTOMS**:

Isolate for

**10**

**DAYS** from the date symptoms began.

- If **symptoms fully resolve**, isolation may be shortened and end after day 5 on the first day without symptoms.
- Wear a well-fitting face mask for 10 full days since the start of symptoms. Isolation should not be shortened if a mask cannot be worn properly and consistently.

If you have tested **POSITIVE FOR COVID-19** and have **NEVER HAD SYMPTOMS**:

Isolate for

**5**

**DAYS** from the date you had your test done.

- Wear a well-fitting face mask for 5 additional days.
- Isolation should be extended to 10 days if a mask cannot be worn properly and consistently.

If you are **NOT FULLY VACCINATED OR booster-eligible\*** but not yet boosted and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

Quarantine for

**10**

**DAYS** from your last exposure.

- Quarantine may be shortened to 5 days if you have no symptoms **and** test negative for COVID-19 on day 5. (May return on day 6.)
- Wear a well-fitting face mask for 10 days from your last exposure.
- Stay home and get a test if symptoms develop.

If you are **boosted or fully-vaccinated but not yet booster-eligible\*** and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

- You do not need to quarantine if you do not have symptoms.
- Wear a well-fitting face mask for 10 full days from your last exposure.
- Get tested for COVID-19 on day 5.
- Stay home and get a test if symptoms develop.

**COVID SYMPTOMS:**

- Fever
- Cough
- Vomiting/Diarrhea
- Rash
- Shortness of Breath
- Fatigue
- Muscle or Body Aches
- Loss of Taste/Smell

**PCS CAN ACCEPT**

antigen or PCR tests from a medical entity.

**PCS CANNOT ACCEPT**

a home test for early release from quarantine at this time.

Direct any athletic participation questions to [pcsathletics@portlandchristian.org](mailto:pcsathletics@portlandchristian.org) and any school related questions to [healthroom@portlandchristian.org](mailto:healthroom@portlandchristian.org). All emails will be answered as promptly as is possible, every effort will be made to answer within 48 hours of receipt.

The Portland Christian Healthroom hours are 7:30 a.m. - 3:30 p.m., Monday through Friday (school calendar).

If you have had COVID-19 in the last 90 days, Contact does not need to quarantine as long as they have NO symptoms.

\*Booster-eligible includes people 18 years of age or older who completed their primary mRNA(Pfizer/Moderna) vaccine series > 5 months ago or their J&J/Janssen vaccine ≥ 2 months ago.