

# 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.

- Day 0 is the day that symptoms start. Day 6 is the first possible day to return to school.
- **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 have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

**Monitor Symptoms for**

**10**

**DAYS** from your last exposure.

- You do not need to quarantine if you do not have symptoms.
- Wear a well-fitting face mask for 10 days from your last exposure when in public places.
- Stay home and get a test if symptoms develop.
- Get a test 5 or more days after exposure.

**COVID SYMPTOMS:**

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

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).