

Thank you to everyone for your continued support of our students and staff in providing an environment focused on student success. Throughout the past 2 years, we have focused on what's best for our students as we managed through the ever-changing guidelines of Covid-19. Here are the most recent updates regarding isolation and quarantine to begin the 2022/23 school year.

You should stay home from school if you have COVID-19. Follow the full isolation recommendations below.

Isolation: If you test positive for COVID-19, stay home for at least 5 days and isolate

If you ARE having symptoms and test positive:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

If you are NOT having symptoms and test positive:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested

You may end isolation after day 5 if:

1. You are fever-free for 24 hours (without the use of fever-reducing medication)
2. Your symptoms are improving
3. You must wear a mask at school through day 10
4. If you choose not to mask, you will have to stay home through day 10

Exposure: There is no longer a need to quarantine if exposed and not having symptoms. If the student **IS** having symptoms, it is recommended that the individual get tested for Covid-19 and wear a mask. There will be **NO** contact tracing within the school setting.

As always, continue to keep your child home if they are ill.

Possible Covid-19 symptoms, but not limited to, include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please contact Amy Thomson, District RN if you have any questions
amy.thomson@oconto.k12.wi.us or 920-834-7806 ext 3103