



## COVID-19 Symptom Guidance

People with COVID-19 have reported a wide range of symptoms (including no symptoms) – these can range from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. *Students, teachers, and staff should stay home when they have signs of any infectious illness and be referred to their healthcare provider for testing and care.*

### **Major Symptoms of Infectious Disease and/or Major COVID-19 Symptoms**

**Fever/Chills | Sore Throat | Cough | Diarrhea | Nausea or Vomiting  
Severe Headache | New Loss of Taste/Smell**

The above symptoms may be caused by an illness that can spread to others (contagious illness). Anyone with these symptoms should:

1. Stay home
2. Test or seek guidance from your primary care physician regarding a recommendation to test for COVID-19

If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

### **Other Potential Symptoms**

**Fatigue | Muscle/Body Aches | Headache  
Congestion/Runny Nose | Shortness of Breath**

If any of these other potential symptoms **are not normal for you** given the time of year OR your personal health history OR normal symptoms for you get worse OR are unusually bad, you should:

1. Stay home
2. Test or seek guidance from your primary care physician regarding a recommendation to test for COVID-19

# Union City Area School District Back-to-School 2021

Please see the below protocols per the ECDOH regarding quarantining.



**COUNTY OF ERIE**  
DEPARTMENT OF HEALTH



Public Health  
Prevent. Promote. Protect.

Kathy Dahkemper,  
County Executive

Melissa Lyon, MPH, CHH  
Director

## Updated Quarantine Recommendations for Individuals Who Are Not Fully Vaccinated

*This does not apply to Healthcare Personnel see PA-HAN 569 for HCP*

Individuals who are not fully vaccinated against COVID-19, or have not had a positive COVID-19 test within 90 days, and are identified as a close contact of a COVID-19 case must quarantine.

An individual is considered fully vaccinated when 2 or more weeks have passed after the receipt of the second dose in a 2-dose vaccine series, or 2 or more weeks have passed after receipt of one dose of a single-dose vaccine.

Quarantine is used to separate someone who might have been exposed to COVID-19 away from others. The most protective recommended quarantine period remains at **14 days after the date of last exposure (Day 0)** to a person who is infectious with SARS-CoV-2.

*CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus.*

The following are options to reduce the 14-day quarantine:

- Quarantine can end on Day 11 without testing and if no symptoms have been reported during daily monitoring. Symptom monitoring and masking must continue through day 14.
- If diagnostic testing resources are sufficient and available, quarantine can end on Day 8 if a diagnostic specimen specifically RT-PCR) tests negative AND if no symptoms were reported during daily monitoring. Symptom monitoring and masking must continue through day 14.
  - The specimen must be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than Day 8.

*In order to discontinue quarantine on Day 8, specimens must be collected on or after Day 5. Specimens collected prior to this date will not be sufficient to allow quarantine to end early. Persons can discontinue quarantine at these time points only if the following criteria are also met:*

- No clinical evidence of COVID-19 has been elicited by daily symptom monitoring during the entirety of quarantine up to the time at which quarantine is discontinued; AND
- Daily symptom monitoring continues through quarantine Day 14; AND,
- Persons need to adhere strictly to masking through Day 14 after exposure
  - If any symptoms develop, they should immediately self-isolate and contact the ECDOH or their healthcare provider to report this change in clinical status.

*Science Brief: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing*  
1 CDC

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