



RED LAKE FALLS PUBLIC SCHOOLS

Independent School District #630

SAFE RETURN TO SCHOOL PLAN FOR 2022-23

As required by MN Department of Education

RLF Schools are providing the following COVID ISOLATION GUIDE for your information.

COVID-19 ISOLATION GUIDE For schools, and youth programming

What to do if you are experiencing symptoms of COVID-19* or have tested positive for COVID-19 (*regardless of vaccination status or symptoms*)

If you have COVID-19 symptoms:

If COVID-19 testing is done and the result is POSITIVE: Stay home for a minimum of five full days from the date symptoms started or the date you took the test if you don't have symptoms. Stay away from others, including household members, as much as possible. Wear a well-fitting mask.

If COVID-19 testing is done and the result is NEGATIVE: Stay home until your symptoms improve and you are fever-free for 24 hours (without the use of fever-reducing medication) before returning.

After five days of isolation at home: Have your symptoms improved and have you been fever-free for 24 hours (without using fever-reducing medication)?

Continue to stay home and away from others until symptoms improve and you are fever-free for 24 hours (without using fever-reducing medication).

Once both are true, return to school or program and continue to wear a mask when around others, including those in your household, until 10 days have passed since your isolation began.

Return to school or program. Continue to wear a mask when around others, including those in your household, for another five days.

People who are under 2 years old and others who are unable to wear a well-fitting mask should stay home for at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.

[If You Are Sick or Test Positive: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html)

[*CDC COVID-19 Symptoms \(www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html\)](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)