

CAMBRIDGE PUBLIC SCHOOLS
COVID 19
Testing & Quarantine
Protocols
for students and staff

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TESTING

With a signed consent form, students can participate in 3 types of COVID-19 testing:

- Weekly COVID-19 safety checks/pool testing to detect asymptomatic cases
- Symptomatic testing for students who show symptoms during the day
- **“Test and Stay” program to test unvaccinated close contacts of a positive case in school**

Sign form in CPS Family Portal: https://secure1.cpsd.us/family_portal

SYMPTOMS

If you have these symptoms:

- Stay home.
- Get tested outside of school.
- **Return to school after negative test (PCR or rapid). CPS will *not* require proof of negative test.**

- Fever above 100.0° F
- Chills or shaking chills
- Trouble breathing
- New loss of taste or smell
- Muscle aches or body aches
- Sore throat
- Cough (not due to other known causes)
- Headache plus other symptoms
- Nauseous, vomiting or diarrhea (throwing up, feeling sick to your stomach)
- Fatigue plus other symptoms
- Nasal congestion or runny nose (not due to other known causes) plus other symptoms

Recently vaccinated?

If you have been vaccinated within the last 48 hours, you may experience these symptoms but still come to school/work.

- Temperature below 100.0°F
- Headache
- Fatigue
- Chills
- Body aches

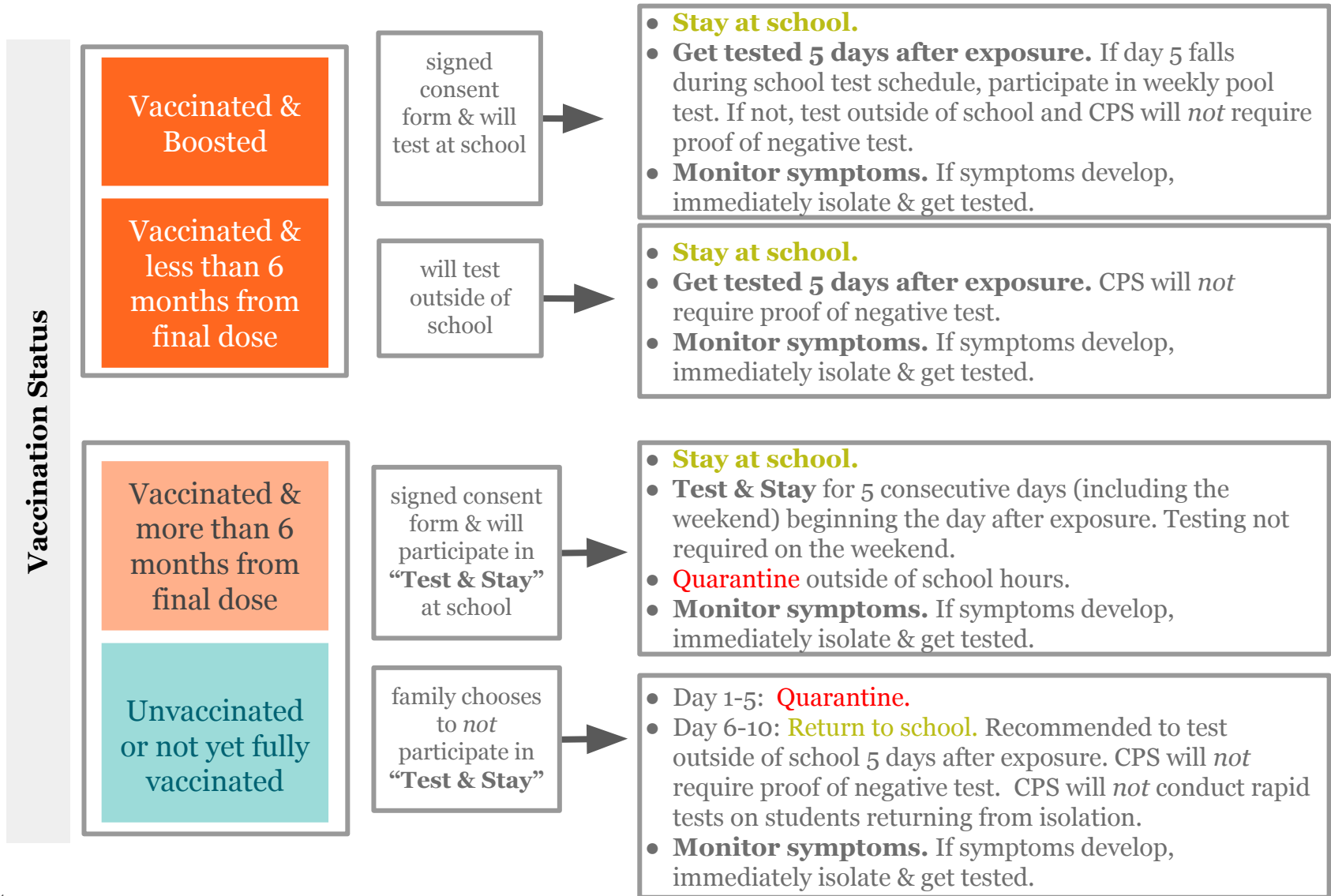
Stay home if these symptoms continue after 48 hours after vaccine and see your doctor.

Isolation Timeline for Positive Cases

Days “1-5”	“Day 6”: Return to work or school		Days “6 - 10”
<p>Day “0” is the day you became symptomatic or the date of your positive test, whichever is first. The nurse will make this determination.</p> <p>Isolate for 5 consecutive days.</p>	<p>You can return to school/work on Day 6, if you are fever-free for at least 24 hours (without the use of fever-reducing medication) and all symptoms have resolved.</p>		<p>Wear a mask inside AND outside.</p> <p>Students returning from isolation do not need to provide a negative test, but those with persistent symptoms will be reassessed at the nurses' discretion and dismissed as needed.</p> <p>CPS will not conduct rapid tests on students returning from isolation.</p>
	<p>Day you test positive or day you develop symptoms</p>	<p>Day you return to school or work (end of isolation)</p>	
	<p>Monday</p>	<p>Sunday*</p>	
	<p>Tuesday</p>	<p>Monday</p>	
	<p>Wednesday</p>	<p>Tuesday</p>	
	<p>Thursday</p>	<p>Wednesday</p>	
	<p>Friday</p>	<p>Thursday</p>	
	<p>Saturday</p>	<p>Friday</p>	
	<p>Sunday</p>	<p>Saturday*</p>	
<p><i>*If Day 6 is a weekend or holiday, return on the next day school is open.</i></p>			

Close Contact of Positive Case **At School**

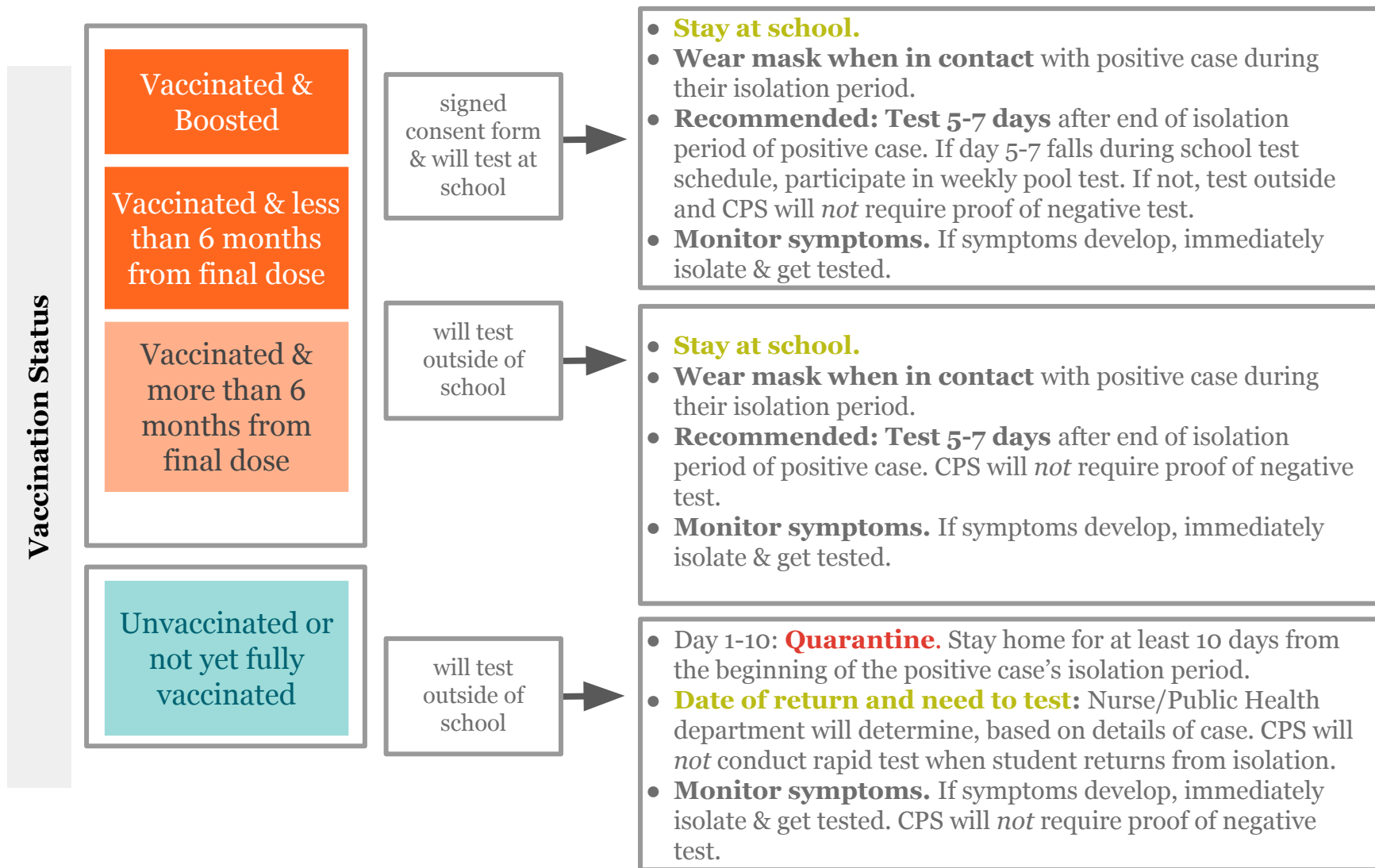
Close contact = Exposure to an individual with COVID for more than 15 minutes per day with, less than 3 feet apart
 Wear mask, including outdoors, for 10 days after exposure regardless of vaccination status. Follow school protocols for meals.



¹In alignment with CDC protocols
 CPS COVID Testing & Quarantine Protocols | www.cpsd.us/covid19

Close Contact of Positive Case **IN MY HOUSEHOLD**

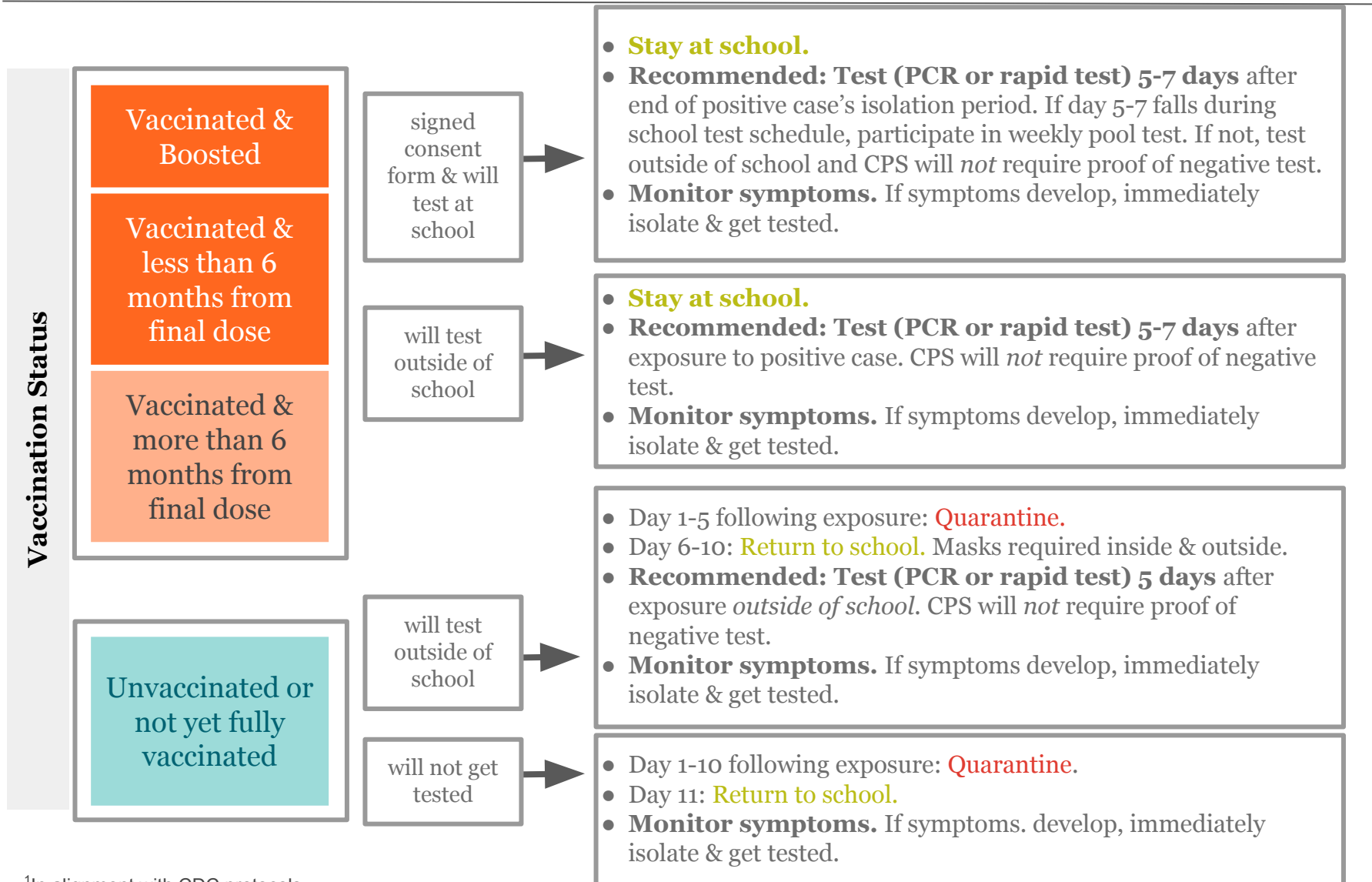
Close contact = Exposure to an individual with COVID for more than 15 minutes per day with, less than 3 feet apart
If someone in your household tests positive, notify principal immediately.



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Close Contact of Positive Case **OUTSIDE SCHOOL & HOUSEHOLD**

Close contact = Exposure to an individual with COVID for more than 15 minutes per day with, less than 3 feet apart
If someone in your household tests positive, notify your principal immediately.



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Travel

Fully Vaccinated Individuals

Unvaccinated Individuals

Within the United States

We recommend you get tested prior to travel & 3-5 days after return.

Monitor symptoms.

Internationally

Follow CDC guidelines for international travel. We recommend you get tested prior to travel and 3-5 days after return.

Monitor for symptoms for 14 days.

I will get tested: Quarantine for 7 Consecutive Days
Get tested in the community with a viral (PCR) test 3 - 5 days after travel. Stay home and self-quarantine for 7 days after returning home to MA. You may return to school on Day 8 if you test negative. Please provide proof of negative test to school nurse.

Monitor for symptoms.

I will not get tested: Quarantine for 10 Consecutive Days
Return to school on Day 11.
Monitor for symptoms.