

COVID Symptoms in Schools

Students or staff experiencing COVID symptoms may be sent to isolate and/or test before returning to class. **Close contacts must quarantine and are strongly encouraged to get tested for COVID-19.**

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Only one symptom = isolation

- cough
- shortness of breath/difficulty breathing
- olfactory disorder (loss of smell)
- taste disorder (loss of taste)
- confusion or change in mental status
- persistent chest pain/pressure
- pale, gray, or blue-colored skin/lips/nail beds
- inability to stay awake

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Two+ symptoms = isolation

- fever
- chills
- rigors
- myalgia
- headache
- sore throat
- nausea/vomiting
- diarrhea
- fatigue
- congestion/runny nose

Severe respiratory illness + one symptom may result in isolation

- clinical or radiographic evidence of pneumonia
- acute respiratory distress syndrome (ARDS)

PLEASE REMEMBER

- Always **wear a mask** indoors.
- Remain **socially distanced** to the greatest extent possible.
- **Wash your hands** with soap and water frequently.
- **If you feel sick, stay home or ask to see the school nurse or administrator.**
- If you are an **unvaccinated close contact**, you must quarantine for 10 days regardless of a negative test with the exception of those participating in the Test to Stay program.
- If you are symptomatic, but not a close contact, you must self isolate and are encouraged to test. You may return to school before the full 10 days of isolation with proof of a negative PCR test.

Please visit FindaTestNM.org
or call 1-855-600-3452
to find a testing site near you