

4500 Peek Trail

Chesapeake, Va. 23321

757-375-1560

What to do if your student is experiencing symptoms or has been exposed to COVID-19.

**\*\*\*\*\*\*\*\*\*DO NOT send your student to school. \*\*\*\*\*\***

A 14-day quarantine is still the best recommendation for someone who has been exposed to covid-19. While the CDC still strongly encourages a 14-day quarantine, they have also provided some guidance to reduce the quarantine period in certain scenarios. With that guidance in mind, Plan Bee has adopted the following policy:

If a student has been exposed to Covid-19, they can return:

* **Without testing**: AFTER the 10th day following exposure, if no symptoms have developed. If symptoms do develop, they can not return until AFTER the 10th day following start of symptoms.
* **With testing**: Student must wait AT LEAST 5 days after the last day of exposure to get tested. If the test is negative, student must continue to quarantine for an additional 2 days and can return on day 8, if no symptoms have developed.
* Students are NOT to return to school while they wait to be tested
* Students are NOT to return to school while they wait for results
* Regardless of the test results, Students are NOT to return to school until they are free from all symptoms (except loss of taste and smell) for at least 24 hours.

**After stopping quarantine**, you should:

* Watch for symptoms until 14 days after exposure.
* If there are symptoms, immediately isolate the student and contact Plan Bee Academy and your local public health authority or healthcare provider.
* Always continue to: Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to [prevent the spread of COVID-19.](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

Students **do not have to quarantine or test** if:

* They have tested positive for COVID-19 within the past 3 months and recovered, as long as they do not develop symptoms. (If symptoms develop again within 3 months of their first bout of COVID-19, they may need to be tested again)
  + 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines,

or

* + 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine
  + If it has been less than 2 weeks since your 1-dose shot, or if you still need to get your second dose of a 2-dose vaccine, you are NOT fully protected.

\*Public school districts have their own plan regarding transportation of students, which may vary from this plan.

\*Additional quarantining may occur, if advised by the local health department.

Feel free to Contact Wendy Fitch or Nurse Brandi at Plan Bee with any further questions