



ST. MARGARET CATHOLIC SCHOOL

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“Nurturing all children and achieving academic success in the Spirit of Christ.”

Covid Q&A's

-These guidelines and examples are in concordance with the most recent CDC guidelines posted to their website (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>) . As they update their guidelines we will update our procedures. Thank you.

1. Q: When should I test?

A: You should test at the onset of one or more COVID symptoms (runny nose, sore throat, congestion, fatigue, etc.). If you have symptoms, but you test negative you should follow the advice of your care provider for your next steps.

A: If you have received direct exposure (been in close contact with a COVID positive person) it is recommended that you wait and test on the 5th day following exposure.

Ex. You were exposed to a COVID positive person (direct exposure) on January 7th. You should wait to test until January 11th.

2. Q: When do I need to begin counting dates to determine my quarantine length?

A: You begin counting your quarantine length from the date of your exposure or from the date your symptoms begin.

Ex. You were exposed on Thursday the 7th or develop symptoms on Thursday the 7th. You begin counting including the 7th to determine your length of quarantine based on your scenario.

3. Q: If my COVID test was negative after having direct exposure to a positive person and after waiting to test on the 5th day, when can I return?

A: If you receive a negative COVID test after waiting to test on the 5th day after exposure you should continue quarantining for two (2) days. This brings your total quarantine time to seven (7) days. You may return to work or school on the eighth day post exposure or symptoms.

Ex. You were exposed to a COVID positive person on January 7th. You wait to take your test on the fifth day post exposure on January 11th. You test negative. You must continue to quarantine two (2) more days and can return to work/school on January 14th as long as you are symptom free.

4. Q: I was exposed to COVID, but I don't want to take a test. What should I do?

A: If you were exposed to COVID and choose not to test, you must quarantine for ten (10) days and can return to school on the eleventh day. No exception.

If you develop symptoms at any time during this 10 day period you are more than likely positive. You have the option to test (five days post symptoms) or continuing quarantining for fourteen (14 days) from the date your symptoms occurred.

Ex. I was exposed to COVID on January 7th, but I don't want to test. I feel fine until January 15th (9 days post exposure). I can wait and test on the fifth day of symptoms or I can continue quarantining for fourteen (14) days from when my symptoms began (January 15th). I can return to school/work on January 30th.

5. Q: I was exposed to someone with COVID. I waited to test on the fifth day and I tested positive. I haven't had any symptoms the entire time. When can I return to work/school?

A: If you were exposed, and received a positive test, but have not shown any symptoms you are considered asymptomatic. If you do not present any symptoms you still need to quarantine for ten(10) days. You may return to work/school on the eleventh (11th) day following your test. **You must have a doctor's note from the location of your testing site stating the date that you may return.**

Ex. I was exposed to COVID on January 7th. I tested positive on January 11th, but I have not shown any symptoms. I need to continue to quarantine for ten(10) days. If I do not present any symptoms during these 10 days and I have a note from the doctor (at the location where my test was administered), I can return to school/work on January 21st.