



CAPISTRANO UNIFIED SCHOOL DISTRICT

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September 25, 2022

Dear Community,

This letter is to inform you that one or more persons with novel coronavirus (COVID-19) was present at Board Meeting on 9/21/2022. This information may be shared with the Orange County Health Care Agency (OCHCA) and the investigation is ongoing. Based on the OCHCA protocols, any identified close contacts to the case will be notified. At this time, it has been determined that you are not a close contact to this case and that your risk of developing coronavirus infection from this exposure is low. You should, however, monitor yourself for symptoms of infection for 14 days after this exposure, through 10/5/2022. Signs and symptoms may include headache, fever, chills, cough, shortness of breath, sore throat, or loss of sense of taste or smell, nausea, muscle aches, congestion, and fatigue.

Please consult the staff decision tree if symptoms develop at:

<https://www.capousd.org/Schools/Back-to-School-COVID-19-Safety-Plan>.

You do not need to quarantine or do anything differently, but **if you develop any of the above symptoms, you should stay home, test,** and call your healthcare provider for advice. In addition, please also notify your administrator and complete a self-report in MyCUSD: [COVID 19 Reporting System](#) if ill. If you are ill during the day, please notify your site administrator and office manager (via phone) so you may go home. Consult your administrator or Human Resource for information regarding leave options during COVID-19.

It is strongly recommended that you wear your facial covering, wash your hands or use hand sanitizer often, and maintain social distancing.

More information regarding COVID-19 may be found at

<https://www.ochealthinfo.com/novelcoronavirus> or call the Orange County Health Care Agency at 1-800-564-8448.

Sincerely,

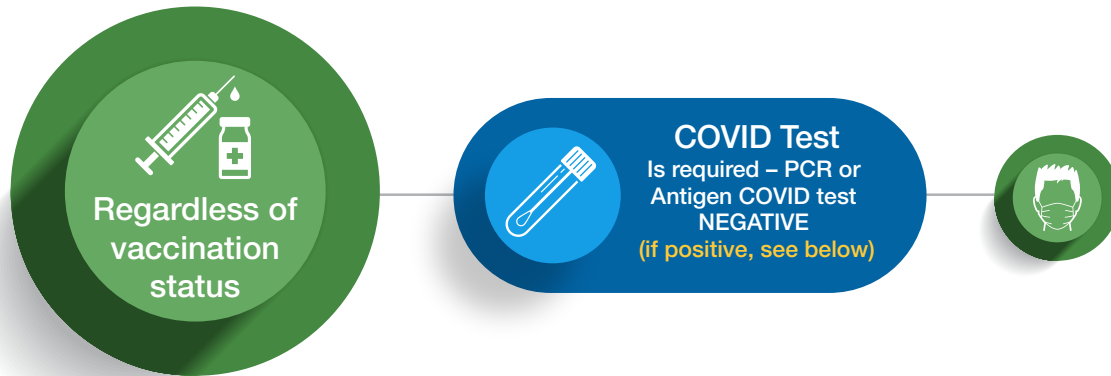
Capistrano Unified COVID-19 Support Team

SERVING THE COMMUNITIES OF:

ALISO VIEJO • COTO DE CAZA • DANA POINT • LADERA RANCH • LAGUNA NIGUEL • LAS FLORES • MISSION VIEJO
RANCHO MISSION VIEJO • RANCHO SANTA MARGARITA • SAN CLEMENTE • SAN JUAN CAPISTRANO

Return to Work Following Exposure to COVID

Updated April 13, 2022



MAY CONTINUE TO WORK

1. No need to quarantine **IF**:

- Test within 3-5 days after last exposure with a negative result
- Must wear face coverings around others for 10 days after exposure, especially in indoor settings
- If symptoms develop, must stay home until a negative test result is obtained*



STAY HOME

1. Stay home for at least 5 days
2. May return to work if negative test for COVID on or after day 5 **AND** symptoms are not present or are resolving
3. If unable to test/choose not to/or still testing positive on Day 5 or later, isolation may end after day 10 **IF** fever free for 24 hours without the use of fever-reducing medications
4. Isolation should continue until 24 hours after fever resolves. Should there be symptoms other than fever, continue to isolate until symptoms are resolving **OR** until after day 10
5. Must wear face coverings around others for a total of 10 days after exposure, especially in indoor settings

* If you have COVID-19 symptoms, regardless of vaccination status or previous infection:

1. Self-isolate and test as soon as possible. For symptomatic persons who have tested positive in the previous 90 days, using an antigen test is preferred
2. Remain in isolation while waiting for results. If unable or unwilling to test, must continue isolation for 10 days after symptom onset
3. Consider continuing self-isolation and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms

Return to Work



COVID Symptoms

Fever > 100.4 F
Loss of taste or smell
Difficulty Breathing
New Onset Cough
Congestion/Runny Nose
Nausea/Vomiting/Diarrhea
Sore Throat
Headache
Fatigue/Muscle or Body Aches



Someone with COVID-19 is defined as anyone with a laboratory-confirmed or a clinically compatible illness, who has not tested

COVID exposure occurs when sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period during an infected person's infectious period.

TIP:

If you have symptoms get tested right away. If you were exposed and don't have symptoms, it is best to wait 3-5 days after last exposure to be tested.

COVID-19: KNOW THE SYMPTOMS

Symptoms of COVID-19 can include the following:



Cough



Fever or chills



Headache



Fatigue (feeling tired),
muscle or body aches



Shortness of breath or
trouble breathing



Sore throat



Nausea, vomiting,
or diarrhea



Congestion or
runny nose



New loss of taste
or smell

Symptoms can appear 2-14 days after exposure.

There can be other symptoms of COVID-19. If you develop symptoms, stay home so you don't infect others. Monitor your symptoms carefully. If symptoms get worse, call your healthcare provider (doctor) immediately and let them know you may have COVID-19. For medical emergencies, call 911.



FREE COVID-19 TESTING

If you think you or someone at home or work has COVID-19 and would like to get tested, visit ohealthinfo.com/covidtest to find where you can get tested.

COVID-19 RESOURCES

For more information on help with getting food, losing a job, trouble paying rent, or getting medical care, visit together.ocgov.com.

For more COVID-19 information, please visit www.ohealthinfo.com/novelcoronavirus or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.