



# COVID-19 Family Guidance

When do I stay home and when can I  
return to school?

# I have symptoms of COVID-19

## CDC Symptoms List

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### When may I return to campus?

1. After COVID-19 testing, which will determine your actual return;
2. Refer to “I received my COVID-19 results” page.

### You must do the following:

1. Report symptoms to the school nurse by email at [TPSnurse@trinityprep.org](mailto:TPSnurse@trinityprep.org), or phone 321-282-2568 or in person if during the school day.
2. Leave school (if school is in session);
3. Get tested immediately;
4. Report results to the school nurse as soon as known to help ensure proper steps can be put into place;
5. Assist school nurse with tracing protocol;
6. Follow instructions from medical personnel;
7. Refer to “I received my COVID-19 results” page.



# I received my COVID-19 test results

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## If POSITIVE, you must do the following:

1. Report results to the school nurse at 321-282-2568 or [TPSnurse@trinityprep.org](mailto:TPSnurse@trinityprep.org);
2. Follow isolation instructions per [CDC](https://www.cdc.gov);
3. Follow medical advice;
4. Attend classes remotely if able to do so.

## When may I return to campus?

1. 10 days have passed since symptoms appeared, **and**
2. 24 hours with no fever without the use of fever-reducing medications, **and**
3. Other symptoms have improved, **and**
4. You have had **one (1)** negative test post illness.

## If NEGATIVE, you must do the following:

1. Report results to the nurse at 321-282-2568 **and** email a copy of results to [TPSnurse@trinityprep.org](mailto:TPSnurse@trinityprep.org);
2. Care for any non-COVID-19 illness as you typically would;
3. Follow school nurse instructions.

## When may I return to campus?

1. After initial symptoms have improved;
2. After a potentially contagious illness has resolved;
3. 24 hours with no fever without the use of fever-reducing medications;
4. 24 hours with no vomiting or diarrhea;
5. If directed by school nurse or physician.

# I have been in close contact\* with a person who was diagnosed with COVID-19 at school or in the community

\* Close contact is defined by the CDC as any individual who has been (a) within **6 feet** of an infected person; (b) for at least **15 minutes**; (c) starting from **48 hours** before the person began having symptoms until the time the person is isolated – *The 6-15-48 Rule*.

## When may I return to campus?

1. If NO symptoms have developed and you have quarantined for 14 days;
2. After reporting being symptom-free to the nurse at 321-282-2568 or [TPSnurse@trinityprep.org](mailto:TPSnurse@trinityprep.org);
3. If symptoms DID develop, testing is required by the school. Please refer to “I received my COVID-19 test results” page regarding return.

## You must do the following:

1. Quarantine for 14 days;
2. If at school, you will be required to be picked up with instructions from the nurse.
3. Check for symptoms for 14 days - refer to the [CDC Symptoms List](#);
4. Attend classes remotely if able to do so;
5. If symptoms develop, get tested immediately and refer to “I have symptoms of COVID-19” and “I received my COVID-19 test results” pages for instructions;
6. Follow instructions from medical personnel and the TPS guidelines.

CDC Guidance:

[When may I be around others?](#)