

## Sky Islands COVID-19 Exposure Reference and Guidelines

With the arrival of the Delta variant, which is much more contagious, and with high community spread in much of the country, last year's COVID precautions must be updated.

Under the current state mandate from Governor Ducey, public schools are not allowed to require masks or COVID vaccinations.

In keeping with state law, and in recognition of the contagious spread of the COVID variant, Sky Islands adopts the following guidelines following CDC/ADHS/PCHD recommendations.

➤ If you **HAVE TESTED POSITIVE FOR OR HAVE SYMPTOMS CONSISTENT WITH COVID-19**, you should:

**HOME ISOLATE**-- Stay at home until:

- **10 days** have *passed* since symptoms first began **AND**
- Your symptoms have improved **AND**
- You remain fever free for 24 hours without fever reducing medication

➤ If you **have SYMPTOMS** consistent with **COVID-19** you may return to work/school when:

- **10 days** have *passed* since symptoms first began **AND** you
- Can provide the school with a negative laboratory-confirmed test

**OR**

- Obtain a **medical provider's note** stating that you may return to work/school **AND**
- Symptoms have diminished and you remain **fever free for 24 hours** without fever-reducing medication

➤ If you **LIVE with someone** who has tested positive for OR has symptoms consistent with **COVID-19**, but has **NOT** tested for **COVID-19**, you should:

Stay at home (quarantine) until:

- **10 days have passed** from the date you were able to isolate from the individual you live with **AND**
- No symptoms reported

**OR**

- **7 days have passed** from the date you were able to isolate from the individual you live with, **AND**
- you have evidence of a **negative laboratory-confirmed test** result *on or after* **Day 5 of quarantine**
- **AND** No symptoms reported

If you continue to have close contact with the person you live with that is positive or suspected positive with no testing to determine otherwise, *the PCHD will recommend next steps*

➤ **If you HAVE HAD CLOSE CONTACT\* with someone who has tested positive for COVID-19, you should:**

Stay at home (quarantine) until:

- 10 days have *passed* from the date you last had close contact with the positive person **AND**
- No symptoms reported

**OR**

- 7 days have *passed* from the date you last had close contact with the positive individual, **AND**
- you have evidence of a negative test result *on or after Day 5 of quarantine* **AND**
- No symptoms reported

**\*Definition of a CLOSE CONTACT WITH A COVID-19 POSITIVE PERSON:**

With or without wearing a face covering:

- You were within 6 ft. for a *total of 15 minutes or more in a 24-hour period*
- You had direct physical contact: touched, hugged, or kissed
- You acted as a caregiver
- You shared food or beverage utensils
- You were sneezed or coughed on or have gotten respiratory droplets on you

For individuals who have had CLOSE CONTACT with someone who has tested positive for COVID-19 – CDC/PCHD guidance provides that individuals who are **fully vaccinated** do not need to quarantine following a close contact if they do not have COVID-19 symptoms.

PCHD will contact potential close contacts and give guidance and recommendations.

**Pima County Health Department (PCHD) phone number and website link**

PCHD 520-724-7018

[Pima County Healthy School and Childcare - Pima County](#)

Questions or concerns about COVID-19? Dial 2-1-1

For more information, [Visit the CDC Website](#) OR [Visit the Pima County Website](#).

As state law may change with CDC/ADHS/PCHD recommendations,  
we will update these guidelines accordingly.