



BRUMMANA HIGH SCHOOL

MEDICAL DEPARTMENT

COVID-19 Rapid Response Guidance

Why the rapid response to COVID-19 is important?

Reducing the time from disease detection to response limits transmission

Can people without symptoms transmit the virus?

Yes, infected people can transmit the virus both when they have symptoms and when they don't have symptoms.

When can infected people transmit the virus?

Transmission of COVID-19 is primarily occurring from people when they have symptoms. Transmission can also occur just before someone develops symptoms as well as from someone who never develops symptoms.

How long does it take after exposure to COVID-19 to develop symptoms? The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from one to fourteen days

What does close contact with someone who has COVID-19 mean?

Close contact means that you live with or have been in settings of less than two metres from those who have the disease.

What should student/staff do if they don't think they have been in close contact with someone who has COVID-19 but they are feeling unwell and have symptoms?

Stay home, monitor yourself, call your doctor and get medical report clearance for re-admittance.

What should student/staff do if they come in close contact with someone who has COVID-19 but they have no symptoms?

you may be infected; it is best to stay at home, self-quarantine for 14 days. You should get a medical report clearance for readmission to school.

What should student/staff do if they think they have been in close contact with someone who has COVID-19, but they become ill?

Even with very mild symptoms, if COVID-19 is confirmed by a positive PCR test, you must self-isolate for 14 days. Even after symptoms have disappeared as a precautionary measure it is not yet known exactly how long people remain

infectious after they have recovered. A negative PCR test should be presented to the medical team before readmission.

What does quarantine mean?

Quarantine means to separate yourself from others because you have been exposed to someone with COVID-19 and you do not have symptoms.

What should student/staff do during quarantine?

- You monitor yourself for symptoms daily.
- Have a large, well-ventilated single room with hand hygiene and toilet facilities.
- Quarantine for 14 days, even if you feel healthy.
- If you develop difficulty breathing, call your doctor immediately.
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

What isolation mean?

Isolation means to separate yourself from others when you have COVID-19 symptoms.

What should student/staff do during isolation?

- Have a large, well-ventilated single room with hand-hygiene and toilet facilities.
- Monitor your symptoms daily.
- Isolate for 14 days, even if you feel healthy.
- If you develop difficulty breathing, call your doctor immediately.
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

When student/staff can be around others and return to school?

Re-admittance to school after quarantine and isolation upon a medical report clearance from your doctor and 1 negative test.

BHS Medical Team will provide updates.

Ref: WHO The World Health Organization