



MONTGOMERY  
PUBLIC SCHOOLS

**MPS COVID-19 Guidance**

What happened?	Should I stay at home?	When can I leave home?	Should I get tested?	Should I wear a mask?
<b>I've tested positive for COVID-19</b>	Yes for 5 days from the start of symptoms or positive test, whichever was first.	After 5 days of isolation with significant symptom improvement and 24 hours fever free without the use of a fever-reducing medication	Retesting after a positive test is not required	It is recommended that you wear a mask for 5 days after your isolation period.
<b>I have symptoms of COVID-19:</b> 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.	Yes for 5 days from the start of symptoms or when a healthcare provider says you can return to school (please provide a return to school certificate or doctor's note)	After 5 days of isolation with significant symptom improvement and 24 hours fever free without the use of a fever-reducing medication, or when a doctor's note states that you can return.	If you have symptoms of COVID-19 it is recommended that you get tested.	If you have symptoms of COVID-19 it is recommended that you wear a mask.
<b>I've been exposed to someone with COVID-19</b>	People who are exposed to COVID-19 no longer need to quarantine regardless of vaccination status, per ADPH and CDC guidance.	People who are exposed to COVID-19 no longer need to quarantine regardless of vaccination status, per ADPH and CDC guidance.	Free, weekly, voluntary COVID testing is available at your child's school.	Masking continues to be recommended for everyone in schools in areas with a high COVID-19 community level.

Preventative strategies continue to be our best defense against the spread of COVID-19. Strategies include: wearing a high-quality mask, proper cough and sneeze etiquette, proper handwashing, staying at home when you are sick, and getting vaccinated against COVID-19. COVID-19 community levels are updated weekly at: [alpublichealth.maps.arcgis.com/apps/MapSeries/index.html?appid=d84846411471404c83313bfe7ab2a367](https://publichealth.maps.arcgis.com/apps/MapSeries/index.html?appid=d84846411471404c83313bfe7ab2a367)

Latest guidance from the Alabama Department of Public Health can be found at the following link:

[https://www.alabamapublichealth.gov/blog/2022/08/nr\\_16.html?fbclid=IwAR0QUCxgwzHm9Dgl1sVzifnwnvg1whahDOfBRnE2gyP6p9EZuPf5xE4K6XE](https://www.alabamapublichealth.gov/blog/2022/08/nr_16.html?fbclid=IwAR0QUCxgwzHm9Dgl1sVzifnwnvg1whahDOfBRnE2gyP6p9EZuPf5xE4K6XE)