



Flintridge Montessori Pre School & Elem. Inc.

1739 Foothill Boulevard, La Canada Flintridge, CA 91011

Tel: (818).790.8844 Fax: (818).790.7654 www.flintridge-montessori.com

COVID Policy

If you and or your spouse/child were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection. Learn how COVID-19 spreads and the [factors that make risk of spread higher or lower](#).

After Being Exposed to COVID-19

START PRECAUTIONS

Immediately

Wear a [mask](#) as soon as you find out you were exposed

Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- **Day 1 is the first full day** after your last exposure

CONTINUE PRECAUTIONS

10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public¹

- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel](#) webpage. **Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).**

[More about how to protect yourself and others](#)

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

- [isolate immediately](#)
 - [get tested](#)
 - stay home until you know the result
- If your test result is positive, follow the [isolation recommendations](#).

GET TESTED

Day 6

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).

IF YOU TEST

Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public
You can still develop COVID-19 up to 10 days after you have been exposed.

IF YOU TEST

Positive

[Isolate immediately](#)

*About negative test results

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

Child may return to school only after a negative covid test result which you may email to the school at flinridgems@gmail.com.

Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.