



November 2, 2022

To: All Care Providers, Students, Clients, and Staff

From: Teresa Wright, Residential RN

Hello Everyone,

As we enter the cold and flu season, Skills Academy would like to take this opportunity to communicate our illness policy guidelines with everyone. All guidelines and recommendations are consistent with El Paso County Public Health Department (<https://www.elpasocountyhealth.org/>) and Centers for Disease Control and Prevention (<https://www.cdc.gov/>), and will be updated as needed.

### **If You Are Not Feeling Well . . .**

#### **Do you have a fever or chills AND a cough or sore throat?**

If “yes,” you may have the flu. Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

#### **Please do NOT come to Skills Academy if you are sick with a fever AND cough or sore throat.**

The Centers for Disease Control and Prevention (CDC) recommend that sick individuals stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).

If you are at higher risk for complications from the flu and you are sick, contact your health care provider as soon as possible. Children younger than 5 years of age, pregnant women, people of any age with chronic medical conditions (such as pulmonary disease, asthma, diabetes,

neuromuscular disorders, or heart disease), and people 65 years of age and older are more likely to get complications from the flu. Your health care provider may prescribe antiviral drugs, and they are most effective when started within 2 days of getting sick.

In addition, emergency warning signs that the sick person needs **urgent medical attention** include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

## [Covid-19 Isolation and Exposure Recommendations](#)

### [What to do if you've been exposed to Covid-19...](#)

Centers for Disease Control and Prevention (CDC) no longer recommends quarantine for people who have been **exposed** to COVID-19, regardless of vaccination status. CDC recommends that people who have been exposed still do the following:

- People who have known or suspected exposure to COVID-19 should wear a well-fitting mask or respirator around others for 10 days from their last exposure, regardless of vaccination status or history of prior infection.
- Get tested for COVID-19 at least five full days after your last exposure.

### [What to do if you have Covid-19...](#)

CDC recommends **isolation for five days after a positive COVID-19 test or symptom onset**.

To count your five days, your positive test or symptom onset is considered “day zero.” After five days, you can exit isolation if:

- You tested positive, but don't have any symptoms.
- You had mild symptoms, you are starting to feel better, and don't have a fever.

If you exit isolation after five days, it's important to continue taking precautions and consider wearing a mask when around others for an additional five days.

**Seek prompt medical attention if your symptoms worsen (e.g., difficulty breathing). Prior to seeking any medical attention in an office, clinic, or hospital, you should call and inform that health care facility that you have, or are being evaluated for, COVID-19.**

**If you call 911 for emergency assistance, tell your dispatcher that you have or may have COVID-19.**

Thank you for helping us prevent the spread of illnesses within our Skills Academy community. Please contact [teresa@skillsacademyvc.org](mailto:teresa@skillsacademyvc.org) if you have any questions.