



# Sachem Central School

## Personal Office Information Resources

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Superintendent of  
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### Memorandum

TO: Sachem Parents and Employees

FROM: <OE> Capel Eden, Assistant Superintendent for Personnel

DATE: January 3, 2024

RE Protocol for COVID-19 for School District employees & students

Dear Sachem Family,

This is a follow up to the September 7<sup>th</sup> memo regarding protocols for COVID-19. Please refer to the attached document for full details.

#### IF YOU TEST POSITIVE FOR COVID

If you test positive for COVID, you must isolate for 5 days at home:

#### If you had no symptoms:

You may end isolation after day 5 (Day 0 is the date you were tested). Day 1 is the first full day following the day you were tested.

#### If you had symptoms:

Day 1 is the first full day after the day your symptoms started.

Day 2 is the second full day after the day your symptoms started. You may leave home to get groceries or other essential items if you are fully asymptomatic and wearing a mask.

Day 3 is the third full day after the day your symptoms started. You may leave home to get groceries or other essential items if you are fully asymptomatic and wearing a mask.

Day 4 is the fourth full day after the day your symptoms started. You may leave home to get groceries or other essential items if you are fully asymptomatic and wearing a mask.



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