

COVID Protocol

Indiana School for the Blind and Visually Impaired

The Indiana School for the Blind and Visually Impaired has made the wearing of masks optional and respects an individual's right to make mask wearing and vaccination decisions that are in their personal best interest, provided situations do not arise that require a change in health requirements and subsequent decisions.

The school will follow the current Center for Disease Control (CDC) recommendations listed below regarding masking, quarantining, social distancing, and will continue to encourage routine hand washing and good personal hygiene.

The CDC: Continues to promote the importance of being up to date with vaccinations to protect people against serious illness, hospitalization, and death. Protection provided by the COVID vaccine diminishes over time, so it is important to stay up to date, especially as new vaccines become available.

After Being Exposed to COVID-19

- Wear a high-quality mask (as soon as you find out you were exposed) anytime you are around others inside your home or in public (including at school).
- Do not travel if unable to wear a mask.
- Continue precautions for 10 full days.
- Test on Day 6 and isolate if test is positive. Otherwise, continue quarantine precautions for the full 10 days.
- If symptoms develop after Day 5, isolate immediately and get tested. Stay home until negative test result.
- Regardless of vaccination status, you should isolate from others when you have COVID-19.
 - You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.
 - If your results are positive, follow CDC's full isolation recommendations.
 - If your results are negative, you can end your isolation.

- If you test positive for COVID-19, you should stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days. Wear a high-quality mask when you must be around others at home and in public.
 - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
 - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 through at least day 10.
 - You should wear a high-quality mask through day 10 when around others at home and in public (including school).
- If you had moderate illness (if you experienced shortness of breath or had difficulty breathing) or severe illness (you were hospitalized) due to COVID-19 or you have a weakened immune system, you need to isolate through day 10.
- If you had severe illness or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.
- After you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0.
- Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.
- Screening testing of asymptomatic people without known exposures will no longer be recommended in most community settings.
- Physical distance is just one component of how to protect yourself and others. It is important to consider the risk in a particular setting, including local COVID-19 Community Levels and the important role of ventilation, when assessing the need to maintain physical distance.