Brewster School District
Learn to Return

Patient Discharge Sheet

If you have received a positive rapid antigen test result, you may be referred for a PCR test to "confirm" your test is positive. While waiting for your PCR test result, self-isolate at home so you do not spread your infection to others, or if this is not possible, maintain a 6' distance from those you live with. Continue precautions like wearing a mask, washing your hands with soap and water for at least 20 seconds, using hand sanitizer, and disinfecting high-touch surfaces.

Monitor your symptoms and call a health care professional if your symptoms worsen**.**
Seek medical attention immediately if you experience:

- Extreme difficulty breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe, constant dizziness or lightheadness
- Acting confused
- Difficulty waking up
- New or worsened slurred speech
- New seizure or seizures that won't stop

Testing is completely free, and you will not receive a bill.

What if I'm positive? If you are positive and have symptoms, isolate at home until at least 10 days after symptoms first started and 24 hours after symptoms have resolved. If you are positive with no symptoms, isolate at home until 10 days after the test date. Positive cases will be reported to the school district and Okanogan County health department for contact tracing and outbreak mitigation.

If you have tested positive or have been exposed to COVID, you may be able to access support for isolating or quarantining at home through Care Connect. Care Connect provides COVID relief such as with personal care kits, nonperishable food kits, fresh food orders, and assistance in paying bills such as rent, mortgage, and utilities in select areas of Washington. Call 1-833-453-0336.

What if I'm negative? If you are negative and but have "known exposure" to COVID (with or without symptoms), meaning you have been within 6' of or exchanged fluids with someone with COVID for a prolonged period, you may need to quarantine at home for 14 days. If you develop symptoms, call a health care provider. If you are negative with no known exposure, resume activities as long as you are symptom-free.