

Scenario-based COVID-19 Guidance for Schools, Childcare, and Youth Programs

Updated August 2021

Scenario	Action	Communication
Child or staff has symptoms of COVID-19	<p>Send home and recommend testing ASAP</p> <p>Cohort remains OPEN</p>	Reinforce importance of hand hygiene and facial coverings
Someone has a negative PCR result after symptoms of COVID-19	<p>To determine when they can return to campus, follow your site's policy for non-COVID illnesses, e.g.:</p> <ul style="list-style-type: none"> ✓ No fever for 24 hours without use of fever-reducing medication ✓ No vomiting or diarrhea for 24 hours ✓ Any other criteria determined by the site 	If symptomatic and received negative antigen result , recommend confirming results by PCR before allowing to return
A symptomatic person declines to get tested	Must provide proof of alternate diagnosis from their healthcare provider (and meet site's illness policy criteria before returning) OR they should complete 10 days of isolation (beginning the day after symptom onset) and meet Isolation Release Criteria (below) prior to returning	Encourage testing to confirm COVID-19 status , so that they may be exempt from future quarantine if exposed during the following 90 days ¹
Child or staff has been confirmed positive for COVID-19, with or without symptoms	<ul style="list-style-type: none"> • Keep home with instructions to isolate for at least 10 days, beginning the day after the first symptoms occurred, or beginning the day following their positive test if they have no symptoms • They may return on Day 11 or later, when they meet the Isolation Release Criteria: <ul style="list-style-type: none"> ✓ Symptoms have improved ✓ They have been fever-free for at least 24 hours, without using medication (such as Tylenol or Motrin) • If the COVID-19 case was present on site within the last 24 hours, clean and disinfect spaces occupied by that person ❖ Identify any individuals who may have been close contacts² to the COVID-19 case on site during their infectious period, including students, staff, or visitors ❖ Follow the current close contact guidelines (next page) to determine who needs to quarantine, for how long, when they should get tested³, and when they can return on site⁴ 	<p>Report confirmed COVID-19 case to Public Health:</p> <p>Send completed "Case Info Gathering Tool" form to: <i>SoCo.Schools@sonoma-county.org</i></p> <p>Notify Close Contacts about the exposure, using the "Close Contact Advisory" template. Be sure to include details about when they should get tested, and when they may return on site</p> <p>Optional: Notify all other staff and families of children about the COVID-19 case using the "General Exposure Advisory" template</p>

¹ After testing positive for COVID-19, it is not advised for individuals to test again for the following 90 days. It is possible that they may continue to test positive as their bodies shed dead viral fragments, and some tests may pick up on this genetic material.

² See CDC definition of "close contact": <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#Key-Terms>

³ In certain circumstances, it is strongly advised that close contacts do an initial test immediately after exposure to prevent further spread within the group, especially if there are 3 or more positive cases identified. If negative, testing should be repeated later in the quarantine period, based on current quarantine guidelines and recommendations. A negative result on an early test does not guarantee that they will not develop COVID-19 later in their quarantine period.

⁴ They must have developed no symptoms and test negative on/after the proper day to be released early from quarantine. Close contacts who are tested too soon (or not at all) after an exposure will not be released early from quarantine. They should continue to monitor for symptoms for the full 14 day period. If symptoms develop and no test is completed, an additional 10 days of isolation must be completed before returning on site.

Quarantine Guidelines

for children and staff in schools, childcare, and other youth settings

Scenario	Criteria
Child or staff has symptoms of COVID-19 and was tested, but is still waiting for the test result	<p>Stay home until the person has received their test result and a determination can be made as to how to proceed.</p> <p>Their cohort can remain OPEN</p>
A fully-vaccinated person (student or staff) was in close contact with a confirmed COVID-19 case	<p>No quarantine required - may continue returning to school and/or work</p> <p>Recommend testing 3-5 days after last exposure, or ASAP if symptoms develop</p> <p>Monitor for symptoms for 14 days following last exposure</p>
A Pre-K student or unvaccinated staff member was determined to be a close contact to a confirmed COVID-19 case	<p>They must quarantine at home for 10-14 days</p> <p>If they remain asymptomatic:</p> <ul style="list-style-type: none"> • May discontinue quarantine after Day 10 if tested negative on/after Day 8 • May discontinue quarantine after Day 14 if declined testing <p>Monitor for symptoms through Day 14</p> <ul style="list-style-type: none"> ➤ Begin Isolation and get tested ASAP if symptoms develop
<p><u>Mask on Mask exposure:</u></p> <p>K-12 Student (not vaccinated) was a close contact to a COVID-19 case. <u>Both</u> the case and contact were wearing masks during the exposure</p>	<p>They qualify for Modified Quarantine</p> <ul style="list-style-type: none"> • They must quarantine from extra-curricular activities for 10 days, including sports and other activities in the community • They may continue returning to school for in-person instruction if: <ul style="list-style-type: none"> ○ They remain asymptomatic, monitor for symptoms for 14 days ○ They test 2x weekly (PCR or antigen), or ASAP if symptoms develop ○ They continue to appropriately mask and use proper hand hygiene
<p><u>Unmasked or partially-masked exposure:</u></p> <p>K-12 Student (not vaccinated) had close contact with a confirmed COVID-19 case, and either the case or the contact were not wearing a mask</p>	<p>They do NOT qualify for Modified Quarantine</p> <p>They must quarantine at home for 7-10 days</p> <p>If they remain asymptomatic:</p> <ul style="list-style-type: none"> • May discontinue quarantine after Day 7, if tested negative on/after Day 5 • May discontinue quarantine after Day 10, if declined testing on/after proper day <p>Monitor for symptoms through Day 14</p> <ul style="list-style-type: none"> ➤ Begin Isolation and get tested ASAP if symptoms develop

Frequently Asked Questions

Scenario	Recommendation
<p>A student at our school has a sibling who has been exposed to COVID-19 and is in quarantine.</p> <p>Can our student continue coming to school?</p>	<p>It is best for the exposed sibling to separate from others in the home (separate bedroom and bathroom), in case the sibling becomes infectious during their quarantine. The student who is not quarantining may continue coming to school.</p> <p>If their sibling begins developing symptoms, they should be tested ASAP. If the sibling is confirmed positive, and has been in close contact with your student within 2 days of when their symptoms started, your student should stay home and not return to school until after completing quarantine.</p>
<p>A student at our school has tested positive for COVID-19, and they were in multiple classes during their infectious period. Do all of the students in those classes need to quarantine?</p>	<p>Only the individuals who were in close contact to the COVID-19 case will be required to quarantine (if not vaccinated). This may not be the entire classroom if strict classroom seating charts have been maintained. The COVID Coordinator should work with the teachers to determine if they can confidently confirm who may have been a close contact. If this cannot be confidently confirmed, it may be best to consider the entire class as close contacts, as a precaution.</p>
<p>An athlete at our school tested positive during routine testing for their sports team. The day they got their result, they went and got re-tested at their primary care provider's office, which has come back negative.</p> <p>Do they still need to continue isolation?</p>	<p>Generally, negative results cannot supersede a recent positive result - meaning, yes, they should continue isolation.</p> <p>For more details on this topic, please refer to our Testing Algorithm, found on our COVID-19 Testing Fact Sheet.</p> <p>Additionally, it is not recommended for people to re-test after receiving a positive result, for the next 90 days.</p>
<p>An athlete at our school tested positive for COVID-19, and was at practice all week. Does their entire team need to quarantine?</p>	<p>Not necessarily. For both classroom settings as well as sports settings, schools should consider the CDC's definition of a "close contact" when determining who needs to quarantine.</p> <p>Different sports have different levels of risk depending on if they are played indoors and if they are moderate-to-high contact. In high-contact activities, such as a soccer scrimmage or basketball game, the entire team may have had direct contact and therefore are considered exposed. When investigating exposure, schools should consider if players congregated on sidelines, in locker rooms, and before/after practice. Any player(s) who meet the criteria to be considered a close contact should quarantine (modified or at home) unless fully-vaccinated and asymptomatic.</p>

Frequently Asked Questions (2)

Scenario	Recommendation
<p>A student at our daycare has tested positive for COVID-19, and they were present while infectious. Do all of the kids in their cohort need to quarantine?</p>	<p>In the daycare setting, proper mitigation measures (masking, distancing, ventilation) and strict classroom seating charts are not always maintained.</p> <p>Because of the nature of the setting, it is not common for the site to be able to confidently confirm who was and was not in close contact to the infectious case, unless the case is an infant who had minimal contact with others during the day. It may be best to quarantine the entire stable group, as a precaution.</p>
<p>A student at our school has a parent who is positive for COVID-19.</p> <p>When can they come back to school?</p>	<p>If the student has had close contact to their parent during the parent's infectious period, the student must quarantine. Please refer to current guidelines for specific duration and testing recommendations.</p> <p>If they are continually being exposed to the parent in the home (if the parent is providing care for the child, or is in direct or close contact with the child), then the child's quarantine "clock" does not begin until after their final exposure during the parent's infectious period.</p>
<p>A student at our site has sniffles or sneezing (mild symptoms)</p> <p>Do we send them home?</p> <p>Do they need to be tested?</p> <p>When can they come back?</p>	<p>When addressing children onsite with mild symptoms, an informed decision about whether to send the child home should be made on a case-by-case basis.</p> <p>Schools should consider if the child in question has a documented health history of allergies, regularly experiences seasonal allergies and has symptoms that match their typical allergy symptoms, if their symptoms are resolved by taking their usual allergy medications, etc.</p> <p>However, if the child has any other COVID-19 symptoms in addition to the runny nose/allergy symptom, a possible recent exposure to COVID-19, or the runny nose fluid is not clear, then staying home, monitoring, and testing are recommended.</p> <p>If a child is sent home with symptoms (even mild ones), it is recommended they test right away for COVID-19. Those who do not test or receive an alternate diagnosis from a primary care provider will need to complete a minimum 10 day isolation as described in scenarios above.</p> <p>Those who test negative after symptom onset can return onsite when they meet the site's non-COVID illness criteria. Please note that other certain infectious diseases (like Norovirus) still need to be reported to Sonoma County Department of Public Health.</p> <p>Please report other infectious diseases to: PHNurse@sonoma-county.org</p>