

Decision Guide for COVID-19 Symptoms and Exposures

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Scenario	Action	Communication	Return to School/Work
<p>1 Symptomatic Student, Staff Member, or Visitor A student, staff member, or visitor either exhibits COVID-19 (C-19) symptoms, answers yes to a symptom screening question, or has a temp greater than 100.0.</p> <p>NOTE: Disregard a symptom if school personnel are already aware of a chronic, pre-existing condition that causes that symptom, and the nature of the symptom [e.g., duration, intensity] is consistent with what school personnel and parent are familiar.</p>	<ul style="list-style-type: none"> Have the symptomatic individual wear a face cover if tolerated. Isolate the individual until sent home. Attending health staff should wear appropriate personal protective equipment (PPE). Instruct person to isolate at home and to contact their healthcare provider for further instructions. Do not exclude others based on close contact with this individual unless the individual is identified as C-19+ (see Scenario 3). 	<ul style="list-style-type: none"> Provide self-isolation instructions to symptomatic student/staff member. Notification of the cohort/school is not necessary. 	<p>The individual may return based on one of the following:</p> <ol style="list-style-type: none"> 10 days from the day symptom(s) first appeared, AND improved symptoms and no fever (or fever reducing meds) for the last 24 hours. With proof of negative PCR COVID viral test, may return after 3 days if all symptoms are fully resolved; or after 10 days from the day symptom(s) first appeared, AND improved symptoms and no fever (or fever reducing meds) for the last 24 hours. A signed note from a licensed MD, DO, NP, or PA (who manages that condition) must: confirm the chronic diagnosis (i.e., cites labs, date-of record when diagnosed); include provider's contact information; explain how symptoms are unrelated to COVID-19; and be accompanied by signed consent for school to interact with MD, DO, NP, or PA.
IMPORTANT: Other infections can cause the same symptoms (e.g., flu, strep, etc.) but these do not rule out COVID-19 as co-occurring.			
<p>2 Close Contact with a COVID-19 Positive (C-19+) A student, staff member, or visitor lives with or has had close contact with a person who has:</p> <ul style="list-style-type: none"> Tested positive for COVID-19, OR Been advised by their doctor (licensed MD, DO, NP, or PA) or a public health official that they are presumed to have COVID-19 and will not be tested or tested negative. 	<ul style="list-style-type: none"> Keep the close contacts at home to quarantine. Instruct to contact their healthcare provider for further instructions. Do not exclude others based on close contact with this individual unless the individual is identified as C-19+ (see Scenario 3). 	<ul style="list-style-type: none"> Provide quarantine instructions to student/staff member who had close contact with C-19+ / presumed C-19+. Consider notification of school of a potential C-19+. 	<p>May return after 14 days from the last date of close contact if symptoms do not develop during this timeframe.</p> <p>If symptoms develop, delay return until the person is 10 days past the onset of symptom(s) and has not had a fever (without fever-reducing meds) during the 24 hours prior to return.</p> <p>IMPORTANT: A student or staff member must continue quarantine if in contact with C-19+ household member, until 14 days after last close contact with the individual while they were in an infectious state.</p>
<p>3 C-19+ Student, Staff Member, or Visitor A student, staff member or visitor has:</p> <ul style="list-style-type: none"> Tested positive for COVID-19, OR been advised by their doctor (licensed MD, DO, NP, or PA) or public health official that they are presumed to have COVID-19 (regardless of test results). 	<ul style="list-style-type: none"> Ask parent or staff member to provide information on C-19 status to the school. If the individual is presumed C-19+, ask the medical provider to provide a note indicating C-19 is probable. Identify and notify students and staff who had close contact. Keep close contacts home to quarantine and instruct to contact healthcare provider for further instructions. 	<ul style="list-style-type: none"> Notify students and staff who had close contact by phone and with close contact with C-19+ letter and provide quarantine instructions. Notify same group (class, bus, sports team) or entire school community with letter about positive case of C-19. 	<p>If the person has tested C-19+ and has not developed symptoms they may return 10 days after the date on which they first tested positive.</p> <p>If symptoms develop, delay return until the person is 10 days past the onset of symptom(s) and has not had a fever (without fever-reducing meds) during the 24 hours prior to return.</p>

Guidance on Follow-up

Scenario	School Follow-up / Tracking
1 Symptomatic Student, Staff Member, or Visitor	<ul style="list-style-type: none"> a. Keep a record of individual/circumstances. b. Report information to district COVID-19 liaison c. Update screening lists to deny entry until approved to return d. Contact the parent/employee for update on third day of absence <ul style="list-style-type: none"> a. Complete Potential C-19+ Follow-up Report b. If C-19 status is undetermined, arrange to follow-up after medical appointment or when test result is expected. c. Review return to school/work criteria d. Update records and COVID-19 liaison when new information is available e. Arrange for continuity of learning and related services during absence f. Set anticipated date of return for school or work and arrange to contact one day before to be certain there are no complicating facts that would delay return
2 Close Contact with a COVID-19 positive (C-19+)	<ul style="list-style-type: none"> a. All items listed for scenario 1
3 C-19+ Student, Staff Member, or Visitor	<ul style="list-style-type: none"> a. Perform all steps listed for scenario 1 for the individual who is C-19+, and all student/staff close contacts who must now quarantine. b. District, charter, or private school C-19 liaison reports positive case to Public Health Services.
When to Contact Public Health Services The district, charter, or private school C-19 liaison should contact Public Health Services when they become aware of student, staff member, or campus visitor who has been identified as C-19+ for further direction on quarantine.	

Frequently Asked Questions

1. **How long should a student or employee be kept home from school/work due to C-19 symptoms or close contact with a C-19+?**
 - a. **Symptoms:** If the student/staff member develops symptoms, they may return to school/work when one of the following is true:
 - i. The individual has a pre-existing chronic medical condition that produces the symptom(s):
 - If school personnel are already aware of a chronic pre-existing condition that causes that the symptom(s) in question, and the nature of the symptom(s) [e.g., duration, intensity] is consistent with what school personnel and parent are familiar, disregard the symptom(s) and allow the student/staff to stay resume school/work immediately.
 - If school personnel are not already aware of the condition, exclude the student/staff member and **request** that a doctor's note be provided that states the individual has a chronic pre-existing health condition that is responsible for the symptoms in question.
 - If a note is provided the individual may return immediately if the note:
 - Is signed by a licensed MD, DO, NP, or PA who manages the condition, **and**,
 - Confirms a chronic diagnosis (i.e., cites labs, date-of record when diagnosed), **and**,
 - Explain how symptoms are unrelated to COVID-19, **and**,
 - Include provider's contact information, **and**,
 - Is accompanied by signed authorization for school to interact with MD, DO, NP, or PA.
 - If a note (as described above) is not provided, the student/staff member may return to work/school when the conditions described in either (ii) or (iii) [below] have been satisfied.
 - ii. At least 10 days have passed, the person's symptoms are improving, **and** they have not had a fever or taken fever reducing medications during the last 24 hours before their return.
 - iii. The person provides proof of negative **PCR COVID viral test**, at least 3 days have passed since the onset of symptoms, all symptoms have completely resolved, and the person has not have not had a fever or taken fever-reducing medications during the last 24 hours before their return.
 - b. **No Symptoms:** If the person was exposed to C-19 but did not develop symptoms, the person may return 14 days after the last close contact with the person who was C-19+.

<p>i. IMPORTANT: If a household member is C-19+, all members of the household must quarantine until 14 days after last close contact with a C-19+ while that person is in an infectious state.</p> <ul style="list-style-type: none"> • If the individual develops symptoms while in quarantine they may return when at least 10 days have passed since onset of their symptoms, the symptoms are improving, and they have not had a fever or taken fever-reducing medications during the last 24 hours before their return.
<p>2. Should employers require a doctor's note for return to school/work. A doctor's note should not normally be required for return to school/work.</p>
<p>3. Can a doctor's note stating the person has another illness (like a cold, flu, or strep) be used for return to school/work? No. Other illnesses may cause the same symptoms as C-19, but they do not rule out C-19 as co-occurring.</p>
<p>4. Can a doctor's note stating the person has a pre-existing chronic health condition that produces certain symptoms be used for return to school/work? If an individual has a pre-existing chronic medical condition that produces the symptom(s) the school should act as follows:</p> <ol style="list-style-type: none"> a. If school personnel are already aware of a chronic pre-existing condition that causes that the symptom(s) in question, and the nature of the symptom(s) [e.g., duration, intensity] is consistent with what school personnel and parent are familiar. If this is the case, disregard the symptom(s) and allow the student/staff to stay resume school/work immediately, or, b. If school personnel are not already aware of the condition, require a doctor's note be provided that states the individual has a chronic pre-existing health condition that is responsible for the symptoms in question. The individual may return immediately if the note: <ol style="list-style-type: none"> i. Is signed by a licensed MD, DO, NP, or PA who manages the condition, and, ii. Confirms a chronic diagnosis (e.g., cites labs, date-of record when diagnosed), and, iii. Explain how symptoms are unrelated to COVID-19, and, iv. Include provider's contact information, and, v. Is accompanied by signed authorization for school to interact with MD, DO, NP, or PA.
<p>5. Can proof of a negative C-19 test result be used for return to work?</p> <ol style="list-style-type: none"> a. If the person was exposed to C-19 and does not develop symptoms, a negative C-19 test may not be used for return to school/work. The person may only return 14 days after the last close contact with the person who was C-19+. <ol style="list-style-type: none"> i. IMPORTANT: If a household member is C-19+, all members of the household must quarantine until 14 days after the last close contact with a C-19+ while the person is in an infectious state, or, ii. If they develop symptoms, they may return when at least 10 days have passed, the person's symptoms are improving, and they have not had a fever or taken fever-reducing medications during the last 24 hours before their return. b. If the person developed symptoms and provides proof of negative PCR COVID viral test (there are other types of test that are not effective for this purpose), they may return when: <ol style="list-style-type: none"> I. At least 3 days have passed since the onset of symptoms, all symptoms have completely resolved, and the person has not had a fever or taken fever-reducing medications during the last 24 hours before their return, or, II. If symptoms have not fully resolved, at least 10 days have passed, the person's symptoms are improving, and they have not had a fever or taken fever-reducing medications during the last 24 hours before their return. c. If the person has symptoms of COVID-19 and was also a close contact with someone else with COVID-19, that person may return to work only after the conditions in (a) and (b), above, have been met.
<p>6. If a student or employee develops symptoms at work, should everyone who was exposed to them be sent home? No. Only the person who developed symptoms should be sent home, however the school should remain in contact with the student/staff member to determine if further actions should be taken. Public Health Services may also contact the school about the individual with symptoms, especially if that person tested positive.</p>
<p>7. If student/employee is identified with COVID-19, who other than that individual should be sent home? Any close contact (currently defined as within 6 feet for longer than 15 minutes, regardless of whether either or both were wearing masks) should be sent home to quarantine. Quarantine is actually a public health order (for close contacts of those identified with COVID-19). Only if the school is certain that the student/employee was identified as having this disease can that school choose to send close contacts home before the public health order is given. In some circumstances, it will be recommended that an entire cohort (those in the same classroom, same bus, etc.) should be quarantined. This decision should be made in consultation with the Public Health Service.</p>
<p>8. When should the school contact Public Health Services? The school district, charter, or private school C-19 liaison should contact Public Health Services when it becomes aware of one C-19 positive case in a cohort (shared bus, classroom, lab, team, etc.) for further direction on quarantine.</p>

9. If a child has symptoms and is not evaluated for C-19, should the school require the child's siblings to quarantine for 14 days?

Based on the current guidance, the only people who should be excluded from work or school are those who have any of the symptoms associated with C-19, those who have been in close contact with someone who is C-19+, and those who have been identified as C-19+. If you encounter this scenario, encourage the parent/guardian to contact their child's health care provider. You may also contact Public Health Services, Epidemiology branch for consultation.