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K-12 School Guidance When a Student, Teacher, or Staff Member is Symptomatic, a Close Contact, or Diagnosed with COVID-19

Situation	Immediate Action	Follow Up
<p>COVID-19 Symptoms But Not a Close Contact</p> <p>(e.g., fever, cough, runny nose, loss of taste or smell, difficulty breathing)</p> <p>Symptom screening per CDC</p>	<p>Send home^e and advise contact with primary care provider for recommendations regarding need for testing. If not available through their primary care provider, testing is available through CCHS.</p> <p>If negative COVID-19 test result (PCR or antigen, alone is preferred) or COVID-19 ruled out by primary care provider (something else other than COVID-19 infection is reason for symptoms), can return 24 hours after fever resolves and symptoms have improved.</p> <p>If not tested and does not see primary care provider to identify cause of symptoms, can return to school 10 days after symptom onset.</p> <p>If symptomatic and a known contact to a positive case, refer to the “Contact to COVID19 – Symptomatic” instructions below.</p>	<p>School/classroom remains open.</p> <p>Notification of cohort in this scenario is at the discretion of each institution and not required by CDPH or CCHS.</p> <p>No notification of CCHS is required.</p> <p>CDPH Acceptable Proof of Negative Test Result</p>
<p>Negative COVID-19 PCR or Antigen Test Result</p>	<p>If no symptoms and not a contact to a COVID-19 positive individual, may return to school. At-home test results do not need to be confirmed by PCR test.</p> <p>If symptoms present, may return to school after 24 hours of symptom improvement and no fever (without the use of fever-reducing medication).</p>	<p>Remain open.</p> <p>Notification of cohort in this scenario is at the discretion of each institution and not required by CDPH or CCHS.</p> <p>No notification of CCHS required.</p>
<p>Positive COVID-19 PCR or Antigen Test Result</p>	<p>Must isolate at home, regardless of vaccination status (even if fully vaccinated). The timeline for return is:</p> <ul style="list-style-type: none"> • <u>With symptoms</u>: May return after 5 days have passed since start of symptoms, IF symptoms are improving and there is no fever for 24 hours (without fever- 	<p>CCHS Notification:</p> <ol style="list-style-type: none"> 1. Notify CCHS using the SPOT Intake Form 2. CCHS Schools or Locations Case Investigator will follow up with school liaison to coordinate next steps.



	<p>reducing medication) AND a negative test is completed (antigen recommended), on or after day 5.</p> <ul style="list-style-type: none"> • <i>Without symptoms:</i> May return after 5 days have passed since the date of positive COVID-19 test and and negative test is completed on day 5 (antigen recommended). If symptoms develop during isolation period, may return 5 days after symptom onset if symptoms are improving, no fever for 24 hours (without fever-reducing medication), and negative test on or after day 5 from symptom onset. <p><u><i>If unable to test on day 5 or after, or if repeat test on day 5 remains positive, case must stay isolated until a negative test is obtained or 10 days of isolation have passed</i></u></p> <p><u>Next Steps:</u></p> <ol style="list-style-type: none"> 1. Identify close contacts and proceed with case notification. <ol style="list-style-type: none"> a. CCHS has a sample script for case interviews and sample template notification letters for students and staff who have been exposed. 2. Quarantine and exclude exposed contacts as described in the two rows below. The last date the case was present at school while infectious is Day 0. 3. Recommend testing* of contacts to identify additional cases. Testing negative on or after Day 5 may also shorten home quarantine period. 	<p>CDPH Antigen Testing Guidance</p> <p>Employee notification requirements can be found in Section 4 of CA AB685. Please refer to the Cal/OSHA COVID FAQ for a school's legal obligations as an employer</p> <p><u>Disinfection Instructions:</u> If notified of a positive COVID-19 case within previous 24 hours – clean and disinfect spaces where case occupied</p>
<p>Close Contact** to COVID-19 and No Symptoms</p> <p><i>**Close contact is being within 0-6 feet of a case for 15 minutes or longer in a 24-hour period</i></p>	<p>Fully-vaccinated[†] students, and up-to-date vaccinated[†] teachers/staff without any symptoms do not need to quarantine, but testing is still recommended 5 days after close contact. If symptoms develop, isolate at home and inform provider about recent close contact.</p> <p>Unvaccinated student (or vaccination status unknown) who was <u>masked</u> and exposed to a <u>masked</u> case while in a supervised school setting, may be under modified quarantine[‡] and continue attending school for in-person instruction^{***} as long as contact:</p> <ol style="list-style-type: none"> 1. Remains symptom-free 2. Continues to mask appropriately 	<p>No notification of CCHS is required.</p>

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3. Gets tested two times per week during 10-day modified quarantine (recommend testing immediately after notification of exposure and on or after day 5 after exposure)
4. Continues to quarantine from extracurricular activities at school, including sports, and activities in the community.
5. Student may resume extracurricular and community activities after Day 7 if a test* collected on or after Day 5 is negative. (*i.e.* shortened quarantine[€]). Please note that exposure must end before Day 1 can begin. For a student living in a home with a case, exposure is continuous. Day 1 does not begin until the day after the case's 5-10 day infectious period ends.

Should symptom monitor to Day 10 after the last known close contact with the positive case (whether tested or untested), wear a mask around others, and avoid crowds.

Unvaccinated student (or vaccination status unknown) who was not masked, or, was masked but exposed to an unmasked case while in a supervised school setting, or was exposed to case in a community setting should quarantine at home until one of the two criteria are satisfied:

1. No symptoms after Day 10 (from date of last exposure).
2. Home quarantine can end after Day 7 if a test* collected on or after Day 5 (from last date of exposure) is negative for COVID (*i.e.* shortened quarantine[€]). Please note that exposure must end before Day 1 can begin. For a student living in a home with a case, exposure is continuous. Day 1 does not begin until the day after the case's 10-day infectious period ends.

Should symptom monitor to day 10 after the last known close contact with the positive case (whether tested or untested), wear a mask around others, and avoid crowds.

Teachers/staff vaccinated but not up-to-date[†] on vaccination do not need to quarantine if they don't have symptoms and obtain a negative test within 3-5 days

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	<p>after last exposure. They still must wear a well-fitting mask around others for a total of 10 days.</p> <p>If unable to test day 3-5, should quarantine at home until a negative test is obtained or 10 days have passed since date of last exposure</p> <p>Unvaccinated teachers and staff (or vaccination status unknown) should quarantine at home until one of the two criteria are satisfied:</p> <ol style="list-style-type: none"> 1. No symptoms after Day 10 (from date of last exposure). 2. Return after day 5 if Negative test on day 5 or after, if remain symptom free. Monitor for symptoms through day 10 <p>All K-12 students and staff who were previously diagnosed with symptomatic or asymptomatic, lab-confirmed COVID-19, do not need to quarantine if the exposure was within 90 days of previous COVID-19 infection and they remain asymptomatic. Testing is recommended on day 5, antigen preferred.</p>	
<p>Close Contact** to COVID-19 and Symptomatic</p> <p><i>**Close contact is being within 0-6 feet of a case for 15 minutes or longer in a 24-hour period</i></p>	<p>Symptomatic students, teachers, and staff must quarantine at home, regardless of their vaccination status (even if fully vaccinated), masking, or recent COVID infection history. Testing* is highly recommended and if completed and returns positive, refer to actions and follow up for “Positive COVID-19.”</p> <p>May return after day 5 from symptom onset if symptoms are improving, no fever for 24 hours (without fever-reducing medication), and negative test on day 5 or after from symptom onset.</p>	<p>No notification of CCHS is required unless positive test result in a close contact.</p>

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<p>Resources</p>	<ul style="list-style-type: none"> • CDPH School Guidance Document • CDPH Coronavirus Page • Contra Costa Coronavirus Schools Guidance Page • CCHS Quarantine and Isolation Instructions • Template Letters to Notify of Exposure: <ul style="list-style-type: none"> • Staff • Student 	<p>CCHS Contacts:</p> <ul style="list-style-type: none"> • CCHS School SPOT Intake Form • CCHS Schools Team Email: covid.schools@cchealth.org • CCHS General Covid Information Hotline: (844) 729-8410
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£ When community transmission is below “high” (substantial, moderate, low) and individual only has a runny nose and they are NOT a close contact to someone who has COVID-19, then they do not need to isolate and test as long as they don’t have other symptoms or concerns. If students have only a runny nose and ARE a close contact they should isolate and test at any community transmission rates. In addition to this, students who have any other common symptom or multiple symptoms concerning for COVID-19, should still isolate and test no matter the community transmission rates. To determine case rate/community transmission schools can use CDC county tiers, which breaks down tiers into “high,” “substantial,” “moderate,” and “low” transmission, in their COVID tracker website: <https://covid.cdc.gov/covid-data-tracker/#county-view> Additionally, schools can also view the CDC community transmission level on our county website <https://www.coronavirus.cchealth.org/>

† Fully-vaccinated: At least two weeks have passed since completion of a 1-dose or 2-dose COVID vaccine series. https://813dcad3-2b07-4f3f-a25e-23c48c566922.filesusr.com/ugd/84606e_dff21b160a0c44398c289fd50090c442.pdf
Up -to-Date vaccinated: fully vaccinated and boosted, or fully vaccinated but not yet eligible for booster

‡ For a person who was previously diagnosed with symptomatic or asymptomatic, lab-confirmed COVID-19, they do not need to quarantine if this exposure was within 90 days of previous COVID-19 infection, regardless of vaccination status.

* Testing recommended immediately after notification of exposure to an individual with COVID-19 infection and then on or after day 5.

If asymptomatic, any FDA-approved test (PCR or antigen) may be used but PCR is preferred if no history of infection within previous 90 days. Testing of asymptomatic close contacts may occur at the school, a healthcare facility, home or other locations.

If symptomatic, a negative test result from an antigen or molecular point-of-care or at-home test should be confirmed with a laboratory-based PCR test.

** Close contact is being within 0-6 feet of a case, for 15 minutes or longer in a 24-hour period.

*** May participate in all instructional components of school, including eating meals on campus following the school guidance. A student who is a close contact under modified quarantine may not perform other activities where a mask cannot be worn, such as playing certain musical instruments.

¥ Modified quarantine (attending in-person instruction after exposure) is only an option for asymptomatic students with an exposure at a supervised K-12 setting (indoor, outdoor, bus, etc.). The source of exposure can be a teacher, school staff, or another student. The student close contact under modified quarantine may participate in all instructional components of school, including eating meals on campus following guidance but may not perform other activities where a mask cannot be worn, such as playing certain musical instruments.

€ Shortened quarantine (ending quarantine after Day 7 with a negative test collected on or after Day 5) is always an option for unvaccinated, asymptomatic students, and unvaccinated, asymptomatic teachers, regardless of where close contact occurred (at school under school supervision, sports team, friend's house, in the community, etc.) However, shortened quarantine is never an option for symptomatic students or symptomatic teachers.

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