

# COVID-19 Illness and Quarantine Guidelines

For all cases of Covid-19 exposure or a positive Covid test please notify Health Services immediately at [Victoria-Flores@scusd.edu](mailto:Victoria-Flores@scusd.edu); [Lisa-Musser@scusd.edu](mailto:Lisa-Musser@scusd.edu); [Paula-Kuhlman@scusd.edu](mailto:Paula-Kuhlman@scusd.edu)

## PERSON A – Case



Any person who has tested positive for COVID-19 or told by a healthcare provider that they have COVID-19.

### With symptoms:

Isolation until the following requirements have been met:

- 10 days since symptoms first appeared **and**
- 24 hours (1 day) with no fever (without the use of fever-reducing medicine) **and**
- Symptoms have improved

### Without symptoms (Asymptomatic):

Isolate for 10 days from test date

## PERSON B – Close Contact



Any person with close contact to Person A (less than 6 feet for more than 15 min in 24 hrs)

### Quarantine for 14 days following date of last exposure

- Monitor self for symptoms, take temperature twice a day
- Notify Primary Care Provider if symptoms develop
- COVID test recommended on day 5-7
- Notify Health Services if symptoms develop or test results are positive

## PERSON C – Close Contact

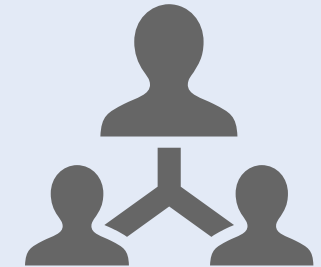


Any person who lives in the same household with Person A

### Follow guidelines for Person B When separation from Person A is not possible:

- Quarantine while **Person A** is ill and isolated
- Quarantine an additional 14 days after **Person A** has recovered and been released from isolation
- Quarantine can last up to 24 days or longer

## PERSON D



Any person who has had exposure to Person B or C

### NO QUARANTINE OR ACTION REQUIRED *unless*:

Person B/C tests positive within 2 days of contact with person D **then**:  
contact Primary Care Provider to see about testing  
Contact Health Services with questions regarding timing and exposure and determine if need to quarantine

### No quarantine for close contact (B or C) if they have no symptoms and

- the person is fully vaccinated **or**
- the person has tested positive for Covid-19 within 90 days

**Isolation** separates infected people with a contagious disease from people who are not sick to prevent disease transmission.

**Quarantine** separates those who were exposed to a contagious disease in case they become infected and expose others.

**Close Contact** is defined as anyone who was within 6 feet of an infected person for at least 15 minutes while they are infectious (starting from 2 days before the person began feeling sick or tests positive and 10 days after. Cohorts may be treated as close contacts if an individual tests positive.

# Illness and Symptom Guidelines for Staff and Students

## STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Diarrhea
- Nausea or vomiting

## YOU MAY RETURN TO SCHOOL AFTER:

**10 DAYS** and 24 hour fever free and symptoms improved

or

**Presenting a negative Covid-19 test result** and 24 hours fever free and symptoms improved

or

**Presenting a note from health care provider confirming another diagnosis** and 24 hours fever free and symptoms improved

**Chronic conditions:** Children with documented non-infectious chronic conditions can return to school when symptoms have improved. A doctor may diagnose an illness other than COVID-19 and provide a note for return to school earlier than 10 days. Children with unmanaged Covid-like symptoms (such as congestion, coughing, runny nose) may be sent home until symptoms have improved. If there are questions about individual cases, contact your school nurse or health services.

**Students and Staff are required to report Covid-19 illness or exposure to Covid-19 to their school attendance office or principal.**