

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; Lisa-Musser@scusd.edu; 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

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

PERSON C – Close Contact

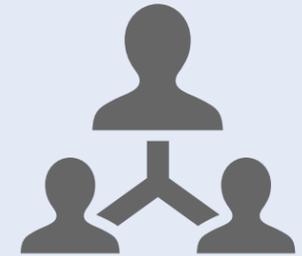


Any person who lives in the same household with Person A

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

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.