

COVID-19 Exposure and Symptom Protocol

If Someone is Presenting with COVID-19 Symptoms

Individuals who have any of the following symptoms (fever [100 degrees F] 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, nausea or vomiting, diarrhea) will be required to stay home, notify the school (or supervisor if staff), and consult with healthcare personnel as indicated (see *Symptom Guidance*).

If Someone Tests Positive for COVID-19

The infected person is sent home to self-quarantine and isolate for at least 10 days, maintaining social distancing from others.

If Someone Lives in the Same Household with a COVID-19 Positive Individual

Individuals living in the same household with an infected person are automatically sent home to self-quarantine for at least 10 days from the date of their last exposure to the infected person.

If Someone is Identified as a Close Contact to a COVID-19 Positive Individual

A "Close Contact" is defined as any individual who was within 6 feet of an infected person for at least 15 minutes, regardless of whether the individual was wearing a face covering during this contact time. Individuals with prolonged or repeated exposure in a 24-hour period are considered to be a Close Contact. A Close Contact is required to self-quarantine and stay home and maintain social distance from others for at least 10 days after their last day of exposure to the infected person and required to monitor their symptoms and wear a mask for a full 14 days. Close Contacts are not allowed to "test out of quarantine" with a negative test for COVID-19 during quarantine. If the Close Contact develops symptoms during quarantine, an evaluation for COVID-19 is required.

If Someone has been in Close Proximity to an Asymptomatic Close Contact

If an individual has been within 6 feet of a person who has been identified as a Close Contact, closely monitor for any symptoms of COVID-19 for yourself (which should be the standard practice for everyone to monitor for symptoms daily).

IMPORTANT

- + Always maintain social distance to avoid a potential 10+ day quarantine
- + Always wear a mask when required
- + Create a contingency plan for your family in case you will need to quarantine due to exposure.
- + Contact a health care provider for further guidance and potential testing when displaying symptoms of COVID-19.

Note: Please Refer to the following *Symptom Guidance* for specific COVID-19 Scenarios

References: Centers for Disease Control and Prevention Contact Tracing, Centers for Disease Control and Prevention

COVID-19 Symptom Guidance

This Guidance was drawn from Children’s Mercy – *Guidance for School Re-Opening During the COVID-19 Pandemic* [December, 2020] and is based on current public health guidance and the most recent scientific information available, and will be updated as appropriate.

COVID-19 Symptom Classifications

High-Risk Symptoms

- New Cough
- Difficulty Breathing
- Loss of taste/smell

Moderate-Risk Symptoms

- Fever (100 F or greater) or chills
- Congestion/runny nose
- Nausea/vomiting/diarrhea
- Sore throat
- Headache
- Fatigue

COVID-19 Scenario	Screening Results	COVID-19 Close Contact?*	Is a COVID-19 Test Required?	When can the individual return to school/work
1	Only one (1) Moderate-Risk Symptom	No	No	<ul style="list-style-type: none"> ▪ 24 hours after fever resolution and symptom improvement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> ▪ If health provider believes an alternate diagnosis is the cause of symptoms, return precautions should be specific to diagnosis
2	One (1) High-Risk Symptom <p style="text-align: center;">OR</p> Two (2) or more Moderate-Risk Symptoms	No	Yes	<p><i>If Negative COVID-19 Test:</i></p> <ul style="list-style-type: none"> ▪ 24 hours after fever resolution and symptom improvement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> ▪ If health provider believes an alternate diagnosis is the cause of symptoms, return precautions should be specific to diagnosis <p><i>If Positive COVID-19 Test or No** Test was Performed:</i></p> <ul style="list-style-type: none"> ▪ 24 hours after fever resolution without the use of fever-reducing medications <p style="text-align: center;">AND</p> <ul style="list-style-type: none"> ▪ At least ten (10) days have passed since symptoms first appeared <p style="text-align: center;">AND</p> <ul style="list-style-type: none"> ▪ Improvement in symptoms
3	Close Contact to a person with COVID-19	Yes	Consider based on local test availability	<p><i>Regardless of a negative test result:</i></p> <ul style="list-style-type: none"> ▪ Quarantine for at least 10 days from <u>last</u> exposure to a COVID-19 positive individual and continue to monitor symptoms for a full 14 days. This could be >14 days depending on the last point of contact. <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> ▪ If individual develops ANY high-risk or moderate-risk symptoms during the quarantine, evaluation for COVID-19 is necessary

NOTE: Individuals who have been confirmed as being COVID-19 positive and have fully recovered DO NOT need to be quarantined if they are subsequently exposed within the next 3 months and do not have symptoms.

***Close Contact:** Individual within 6 feet for ≥15 minutes within the 48 hours prior to onset of symptoms in a COVID-19 positive person or a COVID-19 positive test in an asymptomatic person.

****** In cases where COVID-19 testing cannot be performed in an individual with COVID-19 symptoms, the decision to return to school sooner can be made by the school nurse in conjunction with the student’s medical provider.