# COVID-19 Symptom Decision Tree* 

## At school, student or staff member develops any one of the following signs or symptoms:

$\square$ Fever with or without chills/rigors (fever defined as $T \geq 100.0$ that does not resolve within 30 min. without medication)
$\square$ Cough* $\square$ Shortness of breath $\square$ Nasal congestion/rhinorrhea (runny nose)* $\square$ Sore throat
$\square$ Nausea, vomiting, or diarrhea* $\square$ Fatigue* $\square$ New loss of taste/smell $\square$ Headache*
$\square$ Muscle or body aches* $\square$ Poor feeding or poor appetite*

* Disregard this symptom if school personnel already aware of a chronic, pre-existing condition that causes the symptom. The nature of the presenting symptom (e.g., duration, intensity) must be consistent with the underlying chronic condition.

ACTION: Apply appropriate PPE; isolate student/staff member until sent home; recommend they reach health care provider for instructions. Note: Other infections can cause same symptoms (e.g., flu, strep, etc.) but these do not rule out COVID-19 as co-occurring

## STUDENT / STAFF TO STAY HOME UNTIL...




Notification to school community of a known case.

Retested or Not Retested *Proof of negative test not required

Without PCR COVID-19 viral test OR with only a negative Antigen test

If note from MD/DO/NP/PA, or public health defines case as presumed COVID-19 virus (based on symptoms and circumstances), then: (a) consider notifying staff and parents of class (or bus, etc.) of a potential exposure; and (b) in conjunction with public health, exclude "close contacts" (using CDC definition) for 10-14 days from last day of exposure (see page 2).

Isolate the case. May return when:
(a) 24 hours without fever (no meds) and (b) symptoms are improving AND (c) at least 10 days from symptom onset or test date. *In athletics (not mere PE), require medical clearance for before return to practice/play.

Note from healthcare provider re: chronic illness

A signed note from a licensed MD/DO/NP/PA (who manages that condition) must: confirm the chronic diagnosis (i.e., cites labs, date-ofrecord 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/PA.


May return to school immediately Consider individualized student health plan to prevent any future unnecessary dismissals.

If school becomes aware of one case in one cohort (shared bus, classroom, lab, team, etc.), then have district's/school's liaison contact the Public Health Department at 888-950-9905 to report the case and for further direction on quarantine. For questions on exposure, symptoms, or other related questions, please call the Epidemiology School Line at 619-692-8636 and leave a message.

# Order of the Health Officer <br> Quarantine of Persons Exposed to COVID-19 

## A "close contact" is a contact with a COVID-19 patient that occurs anywhere between 48 hours before the COVID-19 patient's symptoms began (or, for asymptomatic patients, two days prior to test specimen collection), and until the COVID-19 patient is no longer required to be isolated, and the contact:

1 Were within 6-feet of a COVID-19 patient for a cumulative total of 15 minutes or more over a 24-hour period; or
2 Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 patient.

All persons without COVID-19 symptoms who have had close contact with a COVID-19 patient must immediately take quarantine themselves in their home or another residence. They may end quarantine and return to school/work after:

- 10 days (e.g., on the lith day) after the last contact with a COVID-19 patient as long as they can self-monitor for COVID-19 symptoms and consistently use face covering and distance at least 6 feet from all others through Day 14.
- 14 days (e.g., on the 15 th day) after the date of last exposure if they cannot self-monitor for COVID-19 symptoms nor consistently use face covering and distance at least 6 feet from all others after a 10 -day quarantine or work with severely immunosuppressed persons (e.g., bone marrow or solid organ transplants, chemotherapy).
- Negative COVID-19 test results will not shorten the time for these individuals.
- If symptoms occur during quarantine, individuals should immediately self-isolate and contact their healthcare provider or San Diego County Public Health Services and seek testing.

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NOTE: 7-day quarantine rarely applies in the K - 12 school setting and only applies to healthcare workers; for further guidance see this memo.

