



Patient with High Risk Exposure (*close contact*)

Does the high-risk exposure student or staff have any COVID-19 like symptoms?

Fever (100.4 or greater), shortness of breath, cough, sore throat, nasal congestion or runny nose, nausea, vomiting, diarrhea, chills, loss of taste or smell, fatigue, abdominal pain, muscle or body aches, or headache

- a. If yes, see section A.
- b. If no, see section B.

Section A. HIGH RISK EXPOSURE AND SYMPTOMATIC

If any COVID-19 symptom + high risk exposure, test for COVID-19 or Isolate for at least 10 days.

Section B. NO SYMPTOMS BUT HIGH RISK EXPOSURE TO COVID-19 (*a close contact*)

1. If testing performed, recommend testing 4–5 days after exposure.
2. Quarantine for 14 days from last day of exposure.
3. Release from quarantine letter must be issued by:
 - Local health department for children and staff in pre-K, K–12 and day care programs
4. If symptoms develop, test for COVID-19 and start isolation.

High Risk Exposure

Within 6 feet for greater than 15 minutes to a known COVID-19 positive individual in the time frame from 2 days before until 10 days after the COVID-19 positive person's symptoms started or person tested positive (if no symptoms). 15 min = cumulative time in one work/ school day. *Example: Within 3 rows on a school bus; desks within 6 feet; riding in same car*

Mask or face covering used?

If yes, no further action is needed as the exposure is NOT considered high risk. Face covering must be on both individuals, covering both nose and mouth tightly, clean and not removed at any time during the exposure. If either individual is under 18 years of age, compliance with face coverings must be witnessed by an adult.

Isolation

The person with symptoms must stay in their own bedroom/bathroom with food brought to them starting on the day of the test (assume positive). If not independent or capable of self-isolation (child, elderly with dementia, etc) then attempt to limit the close contact with the symptomatic individual.

If test is positive (or not done and therefore assumed to be positive), stay in isolation until completion of 10 days AND fever-free for 24 hours without fever-reducing medication AND all symptoms improving.

Quarantine

A waiting period for high-exposure individuals without symptoms to see if symptoms develop. Quarantine is a minimum of 14 days provided the individual remains asymptomatic and without new exposure. It begins on the last day of exposure to someone with COVID-19

COVID 19 positive in household? If other household members develop symptoms, the duration of quarantine can be prolonged.

Stay home, wear mask if around other household members, increase hand washing and surface cleaning.

COVID-19 Testing Guidelines for Schools



LAST UPDATED:
09/01/2020

Patient with **NO** high-risk exposure (*close contact*)

Does the student or staff with no known exposure have **COVID-19** like symptoms?

- a. See section C for **probable** COVID-19 symptoms and recommendations
- b. See section D for **possible** COVID-19 symptoms and recommendations



Green = testing recommended



Yellow = consider testing

Section C. NO KNOWN EXPOSURE AND PROBABLE COVID-19 SYMPTOMS

Symptom	Test	Instruction and Recommendations
Fever (100.4 or greater)	✓	<p>Go home and determine one of the following options:</p> <p>For severe symptoms, such as shortness of breath, seek immediate medical attention.</p> <p>Option 1: Testing</p> <ul style="list-style-type: none"> • Student or staff isolates (if age appropriate) • Other household members start quarantine • Monitor symptoms • Wait for results and recommendations • If test result positive, see isolation guidelines. • If test result negative, re-evaluate symptom(s) for alternative diagnosis vs false negative test. <p>Option 2: No Testing (assume positive)</p> <ul style="list-style-type: none"> • Student or staff isolates (if age appropriate) • Other household members start quarantine • Monitor symptoms
Chills	✓	
Shortness of Breath	✓	
Cough	✓	
Sore Throat	✓	
Nasal congestion or runny nose (without a history of allergies)	✓	
Nausea/Vomiting (>1 episode within 12 hours)	✓	
Diarrhea	✓	
Loss of taste or smell	✓	

Section D. NO KNOWN EXPOSURE AND POSSIBLE COVID-19 SYMPTOMS

Fatigue	✓	<ol style="list-style-type: none"> 1. Go home and monitor symptoms for 24 hours. 2. If recurrent or continued symptoms without other reason, see options and recommendations above. 3. If new COVID-19 like symptom(s) develop, refer to above. 4. If resolved and other cause for symptom, clear to return to school without testing.
Nasal congestion or runny nose (with a history of allergies)	✓	
Abdominal Pain	✓	
Nausea/Vomiting (1 episode)	✓	
Muscle or body ache	✓	
Headache	✓	

Visit [ChooseMemorial.org/COVID19](https://www.choosememorial.org/COVID19) for local testing sites and eligibility.

