

COVID-19 Exposure Guidelines for Schools



LAST UPDATED:
09/25/2020

Individual with high-risk exposure (*close contact*)

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

Fever (100.4°F or higher), new onset of moderate to severe headache, shortness of breath, new cough, sore throat, vomiting, diarrhea, abdominal pain from unknown cause, new congestion/runny nose, new loss of sense of taste or smell, nausea, fatigue from unknown cause, muscle or body aches

- 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. See section C and D for details.

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. Release from quarantine letter (or other process implemented by local health department) must be issued by local health department for children and staff in Pre-K, K–12 and day care programs.
3. If symptoms develop, test for COVID-19 and start isolation. (Section C and D)

High-Risk Exposure

Within six feet for more than 15 minutes throughout the course of the day to a known COVID-19-positive individual in the time frame from two days before until 10 days after the COVID-19-positive person's symptoms started or person tested positive (if no symptoms). *Example: Within three rows on a school bus; desks within six feet; riding in same car*

Mask or face covering used?

Face covering is vital to reducing the spread of COVID-19 but cannot be guaranteed to prevent it. IDPH currently advises that only distance and time of exposure be considered in evaluating risk because individuals do not always cover their mouths and noses tightly during the exposure.

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 incapable 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 that were also in quarantine start to develop symptoms, the duration of quarantine for the asymptomatic individual will be more than 14 days.

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

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

For IDPH guidance for Pre-K – 12 and day care programs, visit:
<https://dph.illinois.gov/covid19/community-guidance/guidance-pre-k-12-schools-and-day-care-programs-addressing-covid-19>

<https://www.isbe.net/Documents/IDPH-School-FAQs.pdf>



COVID-19 Symptom Guidelines for Schools



LAST UPDATED:
09/25/2020

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

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

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

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

Symptom	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. Otherwise the healthcare worker or health department will determine if testing is needed.</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 is positive, see isolation guidelines. • If test result is 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. <p>If symptoms resolve or improve AND provider determines an alternative diagnosis, the symptomatic person may return to school with a note from a healthcare provider. The alternative diagnosis must be included on all release notes for students or staff at schools.</p> <p>If no release note, no alternative diagnosis or no testing, then ten (10) days of isolation are required from the date of first symptom(s), improvement of symptoms and absence of fever for at least 24 hours without use of antipyretics.</p>
Shortness of breath	
New cough	
Sore throat	
New nasal congestion or runny nose	
Nausea/Vomiting	
Diarrhea	
New loss of taste or smell	
Moderate to severe headache	
Fatigue from unknown cause	
Abdominal pain from unknown cause	
Muscle or body aches	

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

If the sick person has a known condition causing the symptoms, e.g., allergies, migraine, anxiety	<ol style="list-style-type: none"> 1. Go home and monitor symptoms. 2. Every symptomatic person should be evaluated by their healthcare provider on a case-by-case basis and decision to test for COVID-19 should be based on their personal health history. 3. If recurrent, worsening or new COVID-19-like symptom(s) develop, see Section C. 4. Diagnostic testing is strongly encouraged whenever an individual experiences COVID-like symptoms, as it is possible to have COVID-19 and other health conditions at the same time.
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