

## Scenario-based COVID-19 Guidance for Schools, Childcare, and Programs for Children and Youth

Updated June 17, 2021

Scenario	Action	Communication
Child or staff has symptoms of COVID-19	Send home and recommend testing ASAP. <b>Cohort<sup>1</sup> remains OPEN.</b>	Reinforce importance of social distancing, hand hygiene, facial coverings, and symptom checks.
Child or staff has had close contact <sup>2</sup> with someone with confirmed COVID-19.	Send home, instruct to quarantine for 10-14 days <sup>4</sup> starting the day after last exposure. Monitor for symptoms for 14 days total. Recommend testing prior to returning, at least 8-10 days after last exposure (ASAP if symptoms develop). <sup>3</sup> <b>Cohort remains OPEN.</b>	Consider notifying staff and families of children in the cohort. See “Contact of Contact Advisory” template
Child or staff has confirmed COVID-19 infection	Notify Sonoma County Public Health (complete “Site Information Gathering Tool” prior): <i>E-mail to: <a href="mailto:SoCo.Schools@sonoma-county.org">SoCo.Schools@sonoma-county.org</a> to report Case.</i> <ul style="list-style-type: none"> <li>• Keep home with instructions to isolate at home for at least 10 days after the first symptoms occurred, they have been fever-free for &gt;24 hours without using medication (such as Tylenol or Motrin), and symptoms have improved. <ul style="list-style-type: none"> <li>• If no symptoms, keep home for 10 days since the day they were tested.</li> </ul> </li> <li>• Identify close contacts, which may include the entire exposed cohort if specific individuals cannot be identified. <ul style="list-style-type: none"> <li>• Instruct to quarantine for 10-14 days after their last exposure.</li> <li>• It is strongly recommended<sup>4</sup> that exposed persons get tested for COVID-19 8-10 days after the last exposure, or sooner if symptoms develop.</li> </ul> </li> <li>• Clean and disinfect spaces where the person with COVID-19 spent significant time.</li> </ul> <p><b>Contacts should quarantine for 10-14 days after last exposure.</b> Non-exposed individuals may continue to return.</p>	Notify staff and families of children who are close contacts using the “Close Contact Advisory” template.  Notify all other staff and families of children about the COVID-19 case using the “General Exposure Advisory” template.

1 A cohort is defined as a stable group with fixed membership that stays together for all activities (e.g., lunch, recess) and avoids close contact with other persons or cohorts.

2 See CDC definition of “close contact”: <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#Key-Terms>

3 When possible, it is strongly advised to do an initial test for child or staff as soon as a close COVID contact is identified to prevent further spread within the cohort. If negative, testing needs to be repeated at Day 8-10 of 10d quarantine. A negative result on an early test does not exempt someone from testing on/after Day 8.

4 They must have developed no symptoms and test negative on/after Day 8 to be released early from quarantine on Day 11. Students or staff who are tested too soon or not at all after an exposure are released from quarantine 15 days after last exposure, given they developed no symptoms of COVID-19. If symptoms develop and no test is completed, an additional 10 days of isolation must be completed before returning onsite.

## Return-to-school criteria for children and staff in schools, childcares, and other programs serving youth after COVID-19 symptoms, close contact, or confirmed COVID-19

Scenario	Criteria
Child or staff has a negative test after symptoms of COVID-19 OR an alternate diagnosis has been made by a healthcare provider	<p>Follow facility illness policy for non-COVID illnesses, e.g.:</p> <ul style="list-style-type: none"> <li>No fever for 24-72 hours without use of fever-reducing medication</li> <li>No nausea, vomiting, or diarrhea for 24-72 hours without the use of anti-nausea or anti-diarrhea medication</li> <li>Well enough to participate in routine activities</li> <li>Other criteria as determined by site</li> </ul> <p>Follow any additional criteria determined by the patient’s healthcare provider, if applicable</p>
Child or staff has symptoms of COVID-19, has not been tested for COVID-19, and has not received an alternate diagnosis from a medical provider	<p>Stay home until:</p> <ul style="list-style-type: none"> <li>10 days have passed since the onset of symptoms, AND</li> <li>The person has had no fever for 24 hours without the use of fever-reducing medications, AND</li> <li>Symptoms have improved</li> </ul>
Child or staff has symptoms of COVID-19 and was tested but is still waiting for the test result	<p>Stay home until the person has received their test result and a determination can be made as to how to proceed.</p>
Child or staff had a positive test/ confirmed COVID-19 (with or without symptoms)	<p>Stay home until:</p> <ul style="list-style-type: none"> <li>10 days have passed since the onset of symptoms, AND</li> <li>The person has had no fever for 24 hours without the use of fever-reducing medications, AND</li> <li>Symptoms have improved</li> <li>If no symptoms, stay home until 10 days have passed since the date of the test.</li> </ul> <p>A doctor’s note does <u>not</u> override these criteria.</p>
Child or staff had close contact with someone with confirmed COVID-19.	<p>Stay home to quarantine for 10-14 days after last exposure. They <b>must test negative on/after Day 8</b> and develop no symptoms during quarantine in order to return between Days 11-14, and monitor for symptoms through Day 14. <b>If not tested</b>, they must complete 14 day quarantine &amp; develop no symptoms.</p> <p><b>If the person has ongoing close contact exposure to a person with COVID-19</b> (ie: a parent or sibling), the contact must quarantine for additional 10 days <u>after</u> their last exposure to the infected person (while infectious). In most cases, this is a total of <b>20 days</b>, beginning after the person with COVID-19 first developed symptoms or had a positive test.</p>

## Scenario-based Frequently Asked Questions

Scenario	Recommendation
<p>A student at our school has a sibling who has been exposed to COVID-19 and is in quarantine. Can our student continue coming to school?</p>	<p>It is best for the exposed sibling to <b>separate</b> from others in the home (separate bedroom and bathroom), in case the sibling becomes infectious during their quarantine. The student who is not quarantining may continue coming to school.</p> <p>If their sibling begins developing symptoms, they should be tested ASAP. If the sibling is confirmed positive, and has been in close contact with your student within 2 days of when their symptoms started, your student should stay home and not return to school until after completing quarantine.</p>
<p>A student at our school has tested positive for COVID-19, and they were in multiple classes during their infectious period. Do all of the students in those classes need to quarantine?</p>	<p>Only the individuals who were in <b>close contact</b> to the COVID-19 Case will be required to quarantine. This may not be the entire classroom if proper mitigation measures (masking, distancing, ventilation) and strict classroom seating charts have been maintained. The COVID Coordinator should work with the teachers to determine if they can <b>confidently confirm</b> who may have been a close contact. If this cannot be confidently confirmed, it may be best to quarantine the entire classroom as a precaution.</p>
<p>An athlete at our school tested positive during routine testing for their sports team. The day they got their result, they went and got re-tested at their primary care provider's office, which has come back negative. Do they still need to continue isolation?</p>	<p><b>No negative result will supersede a recent positive result.</b> The positive Case must isolate. It is not recommended for people to re-test after receiving a positive result, for the next 90 days. They will probably end up testing positive again for up to 90 days after infection.</p>
<p>An athlete at our school tested positive for COVID-19, and was at practice all week. Does their entire team need to quarantine?</p>	<p><b>Not necessarily.</b> For both classroom settings as well as sports settings, schools should consider the CDC's definition of a "close contact" when determining who needs to quarantine. Different sports have different levels of risk depending on if they are played indoors and if they are moderate-to-high contact. In high-contact circumstances, such as a soccer scrimmage or a basketball game, the entire team may have had direct contact and therefore need to quarantine. Schools should consider if players congregated on sidelines, in locker rooms, and before/after practice when performing contact tracing investigations. Any player(s) who meet the criteria to be considered a close contact should quarantine at home unless fully-vaccinated and asymptomatic.</p>

## Scenario-based Frequently Asked Questions (continued)

Scenario	Recommendation
A student at our daycare has tested positive for COVID-19, and they were present while infectious. Do all of the kids in their cohort need to quarantine?	In the daycare setting, proper mitigation measures (masking, distancing, ventilation) and strict classroom seating charts are not always maintained. Because of the nature of the setting, it is not common for the site to be able to <b>confidently confirm</b> who was and was not in close contact to the Case, unless the Case is an infant who had minimal contact with others during the day. It may be best to quarantine the entire cohort as a precaution.
A fully-vaccinated individual at our school was exposed to COVID-19 (2+ weeks after their final dose). Do they need to quarantine and test?	<p>Recent CDPH guidance states that most fully-vaccinated people (2+ weeks since final dose) who are asymptomatic <b>do not need to quarantine</b> following an exposure to COVID-19, as their risk of infection is low.</p> <p>Employees, however, also need to follow Cal/OSHA guidelines. At this time, Cal/OSHA guidelines recommend that fully-vaccinated Contacts should <b>get tested around day 8</b> and <b>monitor for symptoms</b> for 14-days. If they develop any symptoms, they should test immediately and self-isolate.</p> <p>The Cal/OSHA guidelines are expected to be reviewed and may change in late July 2021.</p>
Student has sniffles or sneezing (mild symptoms). Do we send them home? Do they need to be tested? When can they come back?	<p>When addressing children onsite with mild symptoms, an informed decision about whether to send the child home should be made on a <b>case-by-case basis</b>.</p> <p>Schools should consider if the child in question has a <b>documented health history of allergies</b>, regularly experiences seasonal allergies and has <b>symptoms that match their typical allergy symptoms</b>, if their symptoms are resolved by taking their usual allergy medications, etc.</p> <p>However, if the child has <b>any other COVID-19 symptoms</b> in addition to the runny nose/allergy symptom, a possible <b>recent exposure</b> to COVID-19, or the runny nose fluid is not clear, then staying home, monitoring, and testing are recommended.</p> <p>If a child is sent home with symptoms (even mild ones), it is recommended they <b>test right away</b> for COVID-19. Those who do not test or receive an alternate diagnosis from a primary care provider will need to complete a minimum 10 day isolation as described in scenarios above.</p> <p><b>Those who test negative</b> after symptom onset can return onsite when they meet the site's non-COVID illness criteria. Please note that certain other infectious diseases (like <b>Norovirus</b>) still need to be reported to Sonoma County Department of Public Health.</p>

## SITE INFORMATION GATHERING TOOL

### When Staff or Student Tests Positive For COVID-19

The purpose of this form is to gather information to help prevent or mitigate the spread of COVID-19 in schools, childcares, and programs for children and youth. Upon learning that a staff, student, or visitor has tested positive for COVID-19:

1. Fill out the form below to help you organize necessary information about the positive COVID-19 Case.
2. Call Sonoma County Public Health, or email [SoCo.Schools@sonoma-county.org](mailto:SoCo.Schools@sonoma-county.org) to report the positive Case.
3. After consulting with Sonoma County Public Health, you may be asked to help identify close contacts and notify them of the exposure. See the sample advisory letter templates that follow.

**Please note:** When conducting interviews with possible close contacts, and explaining that they may have been exposed to COVID-19, **do not disclose the identity of the person who tested positive**, as required by the Americans with Disabilities Act and the Family Education Rights and Privacy Act (FERPA).

<b>Name of Person Who Tested Positive or Suspected Case:</b>		<b>Date of Birth:</b>	
<b>Person is a:</b> <input type="checkbox"/> Staff <input type="checkbox"/> Student <input type="checkbox"/> Contractor <input type="checkbox"/> Volunteer <input type="checkbox"/> Visitor			
<b>Parent/Guardian:</b>		<b>Phone #:</b>	
<b>Role/Position: (if not a student)</b>	<b>School/Office/Department:</b>		
<b>First Day Symptoms Appeared:</b>			
<b>Type of Symptoms: (check all that apply)</b>			<input type="checkbox"/> CHECK IF NO SYMPTOMS
<input type="checkbox"/> fever greater than 100.4 F/38 C <input type="checkbox"/> cough <input type="checkbox"/> sore throat <input type="checkbox"/> shortness of breath <input type="checkbox"/> chills	<input type="checkbox"/> headache <input type="checkbox"/> body aches <input type="checkbox"/> fatigue <input type="checkbox"/> loss of smell or taste <input type="checkbox"/> Other:	<input type="checkbox"/> nausea/vomiting <input type="checkbox"/> diarrhea <input type="checkbox"/> runny nose <input type="checkbox"/> congestion	
<b>Last Day(s) onsite at School/Work:</b>			
<b>Location of the COVID-19 Test?</b>	<b>Date of COVID-19 test?</b>	<b>COVID-19 Test Results:</b> Positive          Negative Presumptive      Pending	PCR  Antigen

<b>Person Who Completed This Form/Position:</b>	<b>Contact Info (phone/email):</b>	<b>Date:</b>
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## "CLOSE CONTACT" EXPOSURE ADVISORY SAMPLE LETTER

Send to Staff and families of children who are identified as  
"close contacts" to positive COVID-19 case

Date:

Dear parents, guardians and staff of classroom \_\_\_\_\_,

A person at \_\_\_\_\_ has recently tested positive for COVID-19. You or your child has been identified as someone who was in **close contact** with this person (most recently on XX/XX/2021) and is at risk for developing COVID-19.

COVID-19 is an illness caused by a virus that can be transmitted to other people when an infected person coughs, sneezes, or is in close contact with others. Symptoms of COVID-19 can include:

- Cough
- Fever
- Shortness of breath
- Nausea, vomiting, or diarrhea
- Body aches
- Headache
- Sore throat
- Runny nose
- New loss of taste or smell

Some people with COVID-19 do not have any symptoms, but can still spread the virus to others. People with COVID-19 are contagious for at least 10 days after their symptoms start, or if they don't have symptoms, 10 days after the day they test positive.

It can take up to two weeks after exposure to develop COVID-19. People who were exposed to COVID-19 should stay quarantined and not attend school or work for 10-14 days following the last time they were exposed, and should continue monitoring for symptoms for the full 14 days. While we understand that this is a hardship for many, it helps to ensure that no further transmission of COVID-19 will occur. **Close contacts may not go to a different school, day care, camp, or program until they have completed their 10-14 day quarantine.**

**If you or anyone in your household is currently showing symptoms of COVID-19:** Please contact your healthcare provider to inform them of your symptoms and recent exposure to COVID-19. If you have difficulty getting tested with your healthcare provider, schedule a free testing appointment by visiting one of our county clinics: <https://socoemergency.org/emergency/novel-coronavirus/testing-and-tracing/>

**If no one in your household has symptoms of COVID-19:** We strongly recommend that close contacts be tested for COVID-19 8-10 days after the most recent exposure. For you/your child, this means **testing no sooner than: XX/XX/2021**. Testing done too soon after an exposure may not be reliable, and a negative result does not mean that they won't become contagious later during quarantine. Because some people with COVID-19 have no symptoms, not testing increases the risk that a person may finish their quarantine without knowing they have become contagious. Appropriately timed testing is essential to be sure that when close contacts return to the classroom, there will be minimal risk to others.

If a close contact tests on **Day 8 or later (XX/XX/2021 or later)**, they may return to school on **Day 11 (XX/XX/2021)**, if they have received a negative result and have developed no symptoms. If a close contact declines to test, they may return to school on **Day 15 (XX/XX/2021)**, if they have developed no symptoms.

Thank you for your patience and understanding as we work together to keep our community safe.  
Sincerely,

School/Childcare/Preschool Site

## GENERAL EXPOSURE ADVISORY SAMPLE LETTER

Send to all other staff and families who were not close contacts, especially those who shared the same classroom as the affected individuals

Date:

Dear parents, guardians, and staff:

A person with COVID-19 was recently identified at \_\_\_\_\_. **At this time we do not believe that you or your child were exposed.** We will notify you immediately should this change. While the exposed individual(s) will be quarantining for 10-14 days as a precautionary measure, your/your child's classroom will remain open.

While you or your child may have not had any known exposure to COVID-19, it is still present in our community and we encourage you to continue to take steps to keep you and those around you safe. These steps include practicing social distancing from people who do not live in your household, washing your hands often, and wearing a mask or facial covering when in public indoor spaces.

We also encourage you to be aware of the symptoms of COVID-19 and check yourself or your child for COVID-19 symptoms before coming to work or school. Symptoms of COVID-19 include:

- Cough
- Fever
- Shortness of breath
- Nausea, vomiting, or diarrhea
- Body aches
- Headache
- Sore throat
- Runny nose
- New loss of taste or smell

**If your child or anyone in your home is experiencing any of these symptoms, please keep the household home** and do not come to school or work. Contact your healthcare provider and request a test for COVID-19.

Thank you for helping to keep our community safe.

Sincerely,

Childcare/Preschool/School Site

## **"CONTACT OF A CONTACT" ADVISORY SAMPLE LETTER**

When a student/staff member was onsite after they were exposed to COVID-19, but there was no known on-campus exposure.  
Students/staff are only "contacts of a contact"

Date,

Dear Parents/Guardians and Staff of classroom \_\_\_\_\_:

We want students and staff to stay safe. A student or staff member in your child's class was present onsite after they had been in contact with a person who has tested positive for COVID-19. That student or staff member has been instructed to stay home until they are safe to come back to school. We have not identified any risk to you or your child at this time.

**Your classroom will stay open at this time, and you or your child can still come to school.** We will update you if anything changes. Please keep checking your child for symptoms and stay home if anyone in your home is sick.

Symptoms of COVID-19 can include:

- Cough
- Fever
- Shortness of breath
- Nausea, vomiting, or diarrhea
- Body aches
- Headache
- Sore throat
- Runny nose
- New loss of taste or smell

Please contact your healthcare provider for any other questions.

Thank you for helping to keep our school and community safe.

Sincerely,

School/Childcare/Preschool Site



## What does it mean to be isolated?

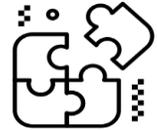


### **Stay at home except to get medical care.**

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

### **Separate yourself from other people in your home.**

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



### **Wear a facemask.**

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

### **Cover your coughs and sneezes.**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.



### **Clean your hands.**



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Avoid sharing personal household items.**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



### **Monitor your symptoms.**



Seek prompt medical attention if your symptoms worsen. Before seeking care, call your healthcare provider and tell them that you have, or may have, novel coronavirus infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the Sonoma County Public Health Department (707-565-4566). **If you need emergency medical care call 911** and tell them you have, or may have, novel coronavirus infection.

**If you have questions or are having difficulty maintaining your isolation, please contact the Sonoma County Public Health Department at 707-565-4566.**



## What does it mean to be quarantined?



### **Stay at home except to get medical care.**

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

### **Monitor for symptoms.**

Seek prompt medical attention if you develop symptoms including fever of 100.0° F or above, feeling feverish, cough, or difficulty breathing. Before seeking care, call your healthcare provider and tell them that you are under quarantine for potential exposure to novel coronavirus (COVID-19). Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the Sonoma County Public Health Department (707) 565-4566. **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to COVID-19.



### **Clean your hands.**



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Avoid sharing personal household items.**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



### **Cover your coughs and sneezes.**



Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

**If you have questions or are having difficulty maintaining your quarantine, please contact the Sonoma County Public Health Department at (707) 565-4566.**