Quick Guide for Suspected or Confirmed COVID-19
For Schools, Childcares, and Programs for Children and Youth

2/11/2021

This guidance was developed by the San Francisco Department of Public Health (SFDPH) for local use. It will be posted at http://www.sfcdcp.org/CovidSchoolsChildcare.

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Action</th>
<th>Communication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child or staff has symptoms of COVID-19</td>
<td>Send home. Request COVID-19 test. For children with symptoms, send family &quot;Parent Handout: COVID-19 Health Checks/If your child is sick&quot;</td>
<td>None needed.</td>
</tr>
<tr>
<td>Child or staff had close contact with someone with confirmed COVID-19</td>
<td>Send home with instructions to quarantine for 10 days after the last exposure. Request COVID-19 test (will not shorten quarantine)</td>
<td>Optional Notification of an Exposed School Member to staff and families of children at the school or program.</td>
</tr>
<tr>
<td>Child or staff has confirmed COVID-19 infection</td>
<td>Notify the SFDPH Schools/Childcare Hub at <a href="mailto:Schoolschildcaresites@sfdph.org">Schoolschildcaresites@sfdph.org</a> Or (628) 217-7499 Send home with instructions to isolate at home for at least 10 days after symptoms started. Identify close contacts, likely including the entire cohort of the person with COVID-19. Send close contacts home to quarantine for 10 days after the last time the person with COVID-19 was at the school/program. Recommend testing for close contacts. Clean and disinfect spaces where the person with COVID-19 spent significant time.</td>
<td>Close contacts: • Inform staff and families of children who are close contacts in-person or by phone. • Close Contact Advisory and Quarantine Instructions - Under 18 or Quarantine Instructions (adults) All other staff and families: • General Exposure Advisory Translations online at sfcdcp.org/school and sfcdcp.org/i&amp;Q</td>
</tr>
</tbody>
</table>
**Definition of close contact**

A close contact is anyone who

- Was within 6 feet of the person with COVID-19 for a total of 15 minutes or more in a 24 hour period, even if both people were wearing masks, while the person with COVID-19 was contagious.

- Attended or worked in the same cohort of children and youth under 18 as the person with COVID-19 while the person was contagious.

People with COVID-19 are considered contagious starting 2 days before their COVID-19 symptoms first appeared until at least 10 days after their symptoms began. If the person with COVID-19 did not have symptoms, then they are considered contagious starting 2 days before their positive test was collected.

**Definition of cohort**

A cohort is a stable group with fixed membership that stays together for all activities (e.g., lunch, recess, etc.) and avoids contact with other people or cohorts.
### When children or youth can return to their school or program after COVID-19 symptoms, close contact, or confirmed COVID-19

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Return when all of the following are true:</th>
</tr>
</thead>
</table>
| Child has a **negative test after symptoms** of COVID-19 | • Symptoms are improving  
• No fever for 24 hours, without using fever-reducing medicines such as acetaminophen (Tylenol), ibuprofen (Motrin, Advil) or naproxen (Aleve)  
*The parent/guardian must show documentation of the child’s negative test, for example, a copy of the result or a message from the clinic or test site that the test was negative. This may be in electronic form. A separate doctor’s note is not needed.* |
| Child had **symptoms** of COVID-19 and  
• had a **positive test/confirmed COVID-19**, OR  
• was not tested, OR  
• is still waiting for the test result | • 10 days have passed since symptoms began  
• Symptoms are improving.  
• No fever for 24 hours, without using fever-reducing medicines such as acetaminophen (Tylenol), ibuprofen (Motrin, Advil) or naproxen (Aleve)  
*A doctor’s note or negative test is not needed.* |
| Child had **close contact** with someone with confirmed COVID-19. | • 10 days have passed after the last close contact, even if the child tests negative before 10 days.  
• No symptoms have developed since the last close contact.  
*A doctor’s note or negative test is not needed.*  
*If the child has ongoing close contact with the person with COVID-19 (for example, a parent or caregiver), the child must quarantine for 10 days after the person with COVID-19 is no longer infectious. In most cases, this is a total of 20 days after the person with COVID-19 first developed symptoms, or if asymptomatic, had a positive test.* |
| Child had **a positive test but never had symptoms** | • 10 days after their positive test was collected (not 10 days after the result was received)  
*A doctor’s note or negative test is not needed.* |
Exceptions:

Doctor’s Note or Clinic Note
If a child had COVID-19 symptoms and has a note from a doctor or clinic saying that the child may return, the school, childcare or program should accept the note, even if the child was not tested. The note may be an email, electronic message or part of an after-visit summary. This is not common.

Sometimes a child’s symptoms are clearly due to another cause, such as strep throat or hand-foot-and-mouth disease. In these situations, the provider may clear a child to return to school, childcare, or another program. This does not mean that the child does not have COVID-19. Many children with COVID-19 do not have any symptoms. It only means that a definitive cause other than COVID-19 was found for the symptoms that kept the child out of the program.

COVID-19 in the previous 3 months
Children or staff who had COVID-19 within the last 3 months do not have to quarantine after close contact to COVID-19, as long as they have had no symptoms.

Children or staff who develop symptoms should stay at home until they can consult their doctor. The doctor will decide if they need to be tested or isolate at home. The school or program may require a doctor’s note or documentation of the positive COVID-19 test.

Vaccination for COVID-19
People who were fully vaccinated for COVID-19 within the last 90 days do not have to quarantine after close contact to COVID-19 if all of the following are true:

- They were fully vaccinated for COVID-19 at least 2 weeks before the exposure
- Their last COVID-19 vaccine was within the last 90 days.
- They have had no COVID-19 symptoms since the exposure

People who have symptoms should get tested, stay at home while waiting for the result, and consult their doctor. The doctor will decide if they need to quarantine even if their test is negative, since people can test negative early in infection. The school or program may require a doctor’s note or documentation of COVID-19 vaccination.

People who were only partly vaccinated, or finished their COVID-19 vaccines less than 2 weeks before the close contact should follow the usual guidelines for returning to school/work. For more information, see https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#phrecs

Staff Return to Work
Refer to “Leaving Isolation or Returning to Work for Those Who Have Confirmed or Suspected COVID-19” at www.sfcdcp.org/CovidRTW.