San Francisco Department of Public Health

COVID-19 Health Checks for Children and Youth

November 29, 2020

This guidance was developed by the San Francisco Department of Public Health for local use. It will be posted at sfcdcp.org/CovidSchoolsChildcare. This guidance is subject to change.

AUDIENCE: Schools, childcares, and other programs that screen children and youth for COVID-19 symptoms and exposure.

Summary of Changes from the 8/10/2020 Version

- Updated SFDPH Schools and Childcare Hub phone number (628) 217-7499
- "Close contact" definition updated to be a <u>total</u> of 15 minutes or more in a 24 hour period
- All children and staff under <u>18</u> in a pod/cohort are considered close contacts.

BACKGROUND: San Francico Health Orders require schools, childcares, and other programs for children and youth must check to check people for COVID-19 exposure and symptoms before allowing them to enter. This guidance summarizes the steps in checking children and youth for COVID-19 symptoms and exposure before allowing them to enter.

For detailed guidance on symptom screening and temperature checks, including COVID-19 screening for adults, see sfcdcp.org/screen

COVID-19 Health Checks: Whom Must You Screen?

- Ask <u>all</u> persons entering the building or campus about symptoms and exposure to COVID-19, including staff, students, parents/caregivers, contractors, visitors, and government officials. Emergency personnel responding to a 9-1-1 call do not need to be screened.

- Do not allow adults with COVID-19 symptoms or exposure to enter the campus.

- Students with symptoms should be sent home. Keep students who are waiting to be picked up in a designated isolation room.

- For more information about screening, refer to sfcdcp.org/screen.

Symptom Checks: What to Ask and What to Look For

The symptom check has two parts, asking questions, and seeing if the child looks ill.

Ask the parent or guardian the following questions

Parents/guardians may answer by e-mail, an app or online-form, or other form of communication before the child arrives that day. All responses must be sent on the day that the child is attending.

1. In the past 14 days, has your child had close contact with someone with COVID-19, while the person was contagious?

   Children are considered to be close contacts of someone with COVID-19 if they

   o Were 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

   o Were in the same cohort or pod of children and youth under 18 as someone who attended or worked in that cohort/pod while the person had COVID-19.

   People with COVID-19 are contagious

   o Starting 2 days before their COVID-19 symptoms first appeared until at least 10 days after their symptoms began,

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

2. In the past 24 hours, including today, has your child had one or more of these symptoms, that is new or not explained by another condition?
   o Fever (100.4°F/38°C or higher) or chills
   o Cough
   o Shortness of breath or difficulty breathing
   o Loss of taste or smell in the last 10 days. Children may say that food "tastes bad" or "tastes funny."
   o Sore throat
   o Headache
   o Diarrhea
   o Nausea or vomiting

Visual check

Look at the child or youth for signs of illness like flushed cheeks, difficulty breathing, fatigue, or extreme fussiness. If the child is flushed or breathing rapidly from heat or exercise, give them time to cool down, then see if they still look ill. You may send a child home if they look ill when they arrive, even if the parent or guardian says the child has had no symptoms.

Temperature checks

SFDPH does not require temperature checks at schools, childcares and programs for children and youth. Your program may choose to check temperatures of people when they enter the building or require staff and parents/guardians of children to check their temperatures at home.

If your program checks temperatures when children and staff arrive your program, SFDPH recommends using "non-touch" thermometers; thermometers that touch the child (under the tongue or arm, forehead, etc.) should only be used when staff suspect fever or illness

- Per CCLD/CDSS, childcare programs that choose to check temperatures when children and/or staff arrive may only use "non-touch" (infrared) thermometers for these routine checks.

- For guidance on safely checking temperatures, see https://www.sfcdcp.org/temperature

If your program requires staff and parents/guardians of children to check temperatures at home, you may allow staff and parents/guardians to inform you by email, using an on-line form, or using some other form of communication.

If the child has a temperature 100.4 degrees Fahrenheit or higher, send them home.

What to do when a child must be sent home

- Tell the parent or guardian that child cannot attend the program that day.

    o Instruct them to contact their regular doctor or clinic.

    o Remind the parent/guardian that the child should stay at home until they meet the conditions to return to the program

    o Give the parent/guardian a copy of "Parent Handout: *COVID-19 Health Checks/If Your Child Has Symptoms"* at sfcdcp.org/CovidSchoolsChildcare.

- Document that the child was sent home because of fever or symptoms. Remember to protect confidentiality.

- For more information on when children can return to school, childcare, or another program after COVID-19 symptoms, refer to *"When someone has suspected or confirmed COVID-19: Quick Guide for Schools, Childcares, and Programs for Children and Youth"* at sfcdcp.org/CovidSchoolsChildcare

Frequently Asked Questions

What does "cohort" or "pod" mean?

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 persons or cohorts. Cohorts are sometimes called "pods."

What if this parent/guardian is unsure whether to answer "Yes" to the symptom question?

Ask the parent/guardian to focus on whether the symptom is NEW or DIFFERENT from their child's usual illness, or is UNEXPLAINED. Encourage the parent/guardian to trust their intuition. For example.

- The child has asthma. They often cough with exercise or allergies.
    - They have their usual cough → NO, this is not new or different.
    - Their cough sounds different and they are coughing more frequently → YES, this is different than usual

What if a parent/guardian can't get a test for the child?

- Ask if they have already called these places:
    - Their child's regular health care provider or clinic (preferred)
    - If they do not have a regular health care provider, the clinic listed on their child's health insurance card
    - If they are uninsured and have no regular provider,
        - SFDPH New Patient Appointment Call Center for COVID-19 at (415) 682-1740
        - Mission Neighborhood Health Center at (415) 552-3870 x2217
- if the parent/guardian says they cannot get a test at any of the places above, contact the SFDPH Schools and Childcare Hub at (628) 217-7499 or Schoolschildcaresites@sfdph.org.

COVID-19 Health Check Form for Children and Youth

Before you screen, **check if the child was absent or sent home because they were sick.** If they were, make sure they meet the conditions required to return to your school, childcare or program.

Step 1: Ask questions and look for symptoms

Make sure you are 6 feet away from the child and their parent/guardian, or behind a partition.

1. **Ask: In the past 14 days, has your child had close contact with someone with COVID-19?** Your child is a close contact of someone with COVID-19 if they • Spent a total of 15 minutes or more in a 24 hour period within 6 feet of someone with COVID-19, even if both people were wearing masks • Were in the same cohort or pod of children and youth under 18 as someone who attended or worked in that cohort/pod while the person had COVID-19. People with COVID-19 are 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 they were tested until 10 days after their test.	YES/NO
2. **Ask: In the past 24 hours, including today, have your child have any of these symptoms, that is new or not explained by another condition?** • Fever or chills • Cough • Shortness of breath or difficulty breathing • Loss of taste or smell in the last 10 days. *Children may say that food "tastes bad" or "tastes funny."* • Sore throat • Headache • Diarrhea • Nausea or vomiting	YES/NO
3. **Look at the child. Do they look ill?** Look for signs like for flushed cheeks, trouble breathing, fatigue, or extreme fussiness. If the child is flushed or breathing hard from exercise, wait for them to cool down.	YES/NO

IF YES to anything <u>OR</u> child looks ill →→→ **SEND HOME (see instructions below)**

IF NO to all symptoms <u>AND</u> child looks well →→→ **GO TO STEP 2**

Step 2 (optional): Take the temperature with a no touch thermometer

Keep your face behind the partition.

Temperature 100.4°F or higher	YES/NO

IF YES, temperature is 100.4°F or higher →→→ **SEND HOME (see instructions below)**

IF NO, or if the program does not check temperature →→→ ***Child may come in. Tell the child "Please wash your hands now".***

If you send a child home

• Give the parent/guardian a copy of *"Parent Handout: COVID-19 Health Checks/If Your Child Has Symptoms"* at sfcdcp.org/CovidSchoolsChildcare

• Document that the child was sent home because of symptoms. Remember to protect confidentiality!