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## Protocols for Symptoms, Close Contacts, and COVID-19 Cases: School Settings

This document is provided for technical assistance purposes and not intended to modify or supersede [CDPH K-12 Schools Guidance](#). In the event that a discrepancy exists between this document and current CDPH guidance; follow current CDPH guidance.

Student(s) or Staff with:	ACTION	DISTRICT COMMUNICATION
1. <b>Any</b> of the COVID-19 <a href="#">symptoms</a> , regardless of the vaccination status of the individual. (Including “just a cold”). Symptoms are listed below on page 3 or accessible through above hyperlink.	<ul style="list-style-type: none"> <li>• Individual is sent home to isolate at home. A medical evaluation and/or COVID-19 test strongly encouraged.</li> <li>• Staff members and students with symptoms of COVID-19 infection are not to return in-person until they have met criteria to return:               <ul style="list-style-type: none"> <li>i. At least 10 days have passed since symptom onset. <b>AND</b> At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; <b>AND</b> Other symptoms have improved; <b>OR</b></li> <li>ii. A healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma), <b>OR</b></li> <li>iii. A healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), <b>OR</b></li> <li>iv. They have a negative test for SARS-CoV-2 and symptoms have improved.</li> </ul> </li> </ul>	No communication to class.
2. Quarantine recommendations for close contacts <sup>2</sup> who are <b>FULLY VACCINATED</b> <sup>1</sup> or persons who have recently recovered from laboratory-confirmed COVID-19 within the past 90 days;	<ul style="list-style-type: none"> <li>• Refrain from quarantine following a known exposure if asymptomatic. Note: CDC recommends that vaccinated individuals get tested 3-5 days after exposure to someone with suspected or confirmed COVID-19 and wear a mask in public indoor settings for 14 days after exposure or until they receive a negative test result.</li> <li>• If symptoms develop refer to section 1</li> </ul>	Notify close contacts.

<p>3. Quarantine recommendations for: <b>UNVACCINATED</b> close contacts<sup>2</sup></p> <p>i. Standard</p> <p>ii. Modified</p> <p>iii. Shortened</p>	<ul style="list-style-type: none"> <li>• For close contacts who are <b>asymptomatic</b>, may discontinue self-quarantine under the following applicable conditions: <ul style="list-style-type: none"> <li>i. <b>Standard Quarantine:</b> Quarantine can end after Day 10 from the date of last exposure without testing; <b>OR</b></li> <li>ii. <b>Modified Quarantine:</b> <b>FOR STUDENTS ONLY, both parties wore face coverings and were in school setting.</b> Attend school with face covering but exclude from sports, extracurricular &amp; non-instructional school activities; <b>AND</b> test immediately following exposure date; <b>AND</b> quarantine can end on Day 8 if a diagnostic specimen is collected on Day 5 or later from date of last exposure and test result is negative; <b>OR</b></li> <li>iii. <b>Shortened Quarantine:</b> <b>FOR STUDENTS (not eligible for modified quarantine) and STAFF.</b> Quarantine for ten days; <b>AND</b> get tested immediately following exposure date <b>AND</b> quarantine can end on Day 8 if a diagnostic specimen is collected on Day 5 or later from date of last exposure and test result is negative.</li> </ul> </li> <li>• To discontinue quarantine before 14 days following last known exposure, <b>asymptomatic</b> close contacts must: <ul style="list-style-type: none"> <li>i. Continue daily self-monitoring for symptoms through Day 14 from last known exposure; <b>AND</b></li> <li>ii. Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask when around others, hand washing, avoiding crowds) through Day 14 from last known exposure; <b>AND</b></li> <li>iii. If any symptoms develop during this 14-day period, the exposed person must immediately isolate, get tested and contact their healthcare provider with any questions regarding their care.</li> <li>iv. Any contacts that develop symptoms need to isolate and test and remain quarantined until symptoms are gone</li> </ul> </li> </ul>	<p>Consider school community notification of a known contact.</p>
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<p>4. Confirmed COVID-19 case regardless of vaccination status of the <b>individual</b>.</p>	<ul style="list-style-type: none"> <li>• Isolate case and exclude from school/work until return criteria has been met: <ul style="list-style-type: none"> <li>i. At least 10 days have passed since symptom onset; <b>AND</b> At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; <b>AND</b> other symptoms have improved.</li> </ul> </li> <li>• Contact trace and follow quarantine recommendations for close contacts above.</li> <li>• Initiate disinfection and cleaning of primary spaces where case spent significant time.</li> <li>• Notify SBC PHD of all positive COVID 19 case, <a href="#">SBCPHD SS4A COVID Case Report</a>.</li> <li>• If 3 (or more) cases within a 14-day period, report a potential outbreak to Santa Barbara County Public Health Department Disease Control through the <a href="#">COVID-19 Outbreak Reporting Form</a>, and/or phone Disease Control (805) 681- 5280.</li> </ul>	<p>School community notification of a known case.</p> <p>Schools are required to report COVID-19 cases to the local public health department*. For technical assistance contact Georgene Lowe, RN; <a href="mailto:Georgene.Lowe@sbcphd.org">Georgene.Lowe@sbcphd.org</a> or (805) 705-6911</p>
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\*Per [AB 86](#) (2021) and [California Code Title 17, section 2500](#), schools are required to report COVID-19 cases to the local public health department. Schools or LEAs should have a COVID-19 liaison to assist the local health department with contact tracing and investigation.

<sup>1</sup> People are considered **fully vaccinated** for COVID-19: two weeks or more after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or two weeks or more after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).

<sup>2</sup> A **close contact is:** Someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date). In some school situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed, particularly if people have spent time together indoors [without masking and social distancing].

### **Symptoms of Coronavirus**

This list does not include all possible COVID-19 symptoms. CDC and CDPH will continue to update this list.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea