

California Department of Public Health Covid- 19 Exposure Guide for Schools

- This exposure guide defines follow up guidelines if a staff/student experiences one of the following scenarios:
 1. One or more symptoms of Covid- 19
 2. Close contact with a person who is positive for Covid- 19
 3. A positive Covid- 19 test
 4. A negative test after experiencing symptoms
- These guidelines require collaboration with the NJUHSD school nurses and the Nevada County Department of Public Health to ensure a safe return to work/school

1. SCENARIO ONE: Staff/Student experiences one or more of the symptoms of Covid-19

- a. **STAY HOME OR GO HOME.**
- b. **CONTACT THE SCHOOL HEALTH OFFICE:** The Health Office will initiate a Covid-19 screening to determine follow-up to receive appropriate medical care and satisfy return to work/school requirements. This screening form will be maintained in a confidential file in the health office and updated as needed.
- c. The School Nurse will review the following options with the staff member or student's parent/guardian for returning to school or work: *(These guidelines are also printed on the back of the Symptom Check list)*
 - a. **If the staff/student answered YES to one or more of the Daily Symptom Check questions and they followed up with a Covid- 19 test that had a negative result, then they may return to work/school when the following conditions are met:**
 - i. Symptoms are resolving (not necessarily completely resolved)
 - ii. Fever free for 24 hours without the use of fever reducing medications
 - iii. 24 hours without an incidence of diarrhea
 - iv. Submission to school of negative Covid- 19 test
 - v. Clearance from the NJUHSD nurse has been received
 - b. **If the staff/student answered YES to one or more of the Daily Symptom Check questions and they followed up with a Covid- 19 test that had a positive result, then they may return to work/school when the following conditions are met:**
 - i. It has been 10 days since the onset of symptoms
 - ii. Symptoms are resolving (not necessarily resolved)
 - iii. Fever free for 24 hours without the use of fever reducing medications
 - iv. 24 hours without an incidence of diarrhea
 - v. Clearance from the NJUHSD nurse has been received
 - c. **If the staff/student answered YES to one or more of the Daily Symptom Check questions and they have not had a Covid- 19 test, then they should consult their healthcare provider who will decide if they are a candidate for Covid- 19 testing**
 - i. If the physician recommends testing, then depending on the result of the test, see option 'a' or 'b' above.
 - ii. If testing is not recommended by their healthcare provider, then staff/student may return to work/school when the following conditions are met:
 1. Symptoms are resolving (not necessarily completely resolved)
 2. Fever free for 24 hours without the use of fever reducing medications
 3. 24 hours without an incidence of diarrhea
 4. Submission to school of physician note stating the Covid-19 test not needed

5. Clearance from the NJUHSD nurse has been received
- d. **If the staff/student answered YES to one or more of the Daily Symptom Check questions and they have not had a Covid test and have chosen not to contact their healthcare provider, then they may return to work/school when the following conditions are met:**
 - i. It has been 10 days since the onset of symptoms
 - ii. Symptoms are resolving (not necessarily resolved)
 - iii. Fever free for 24 hours without the use of fever reducing medications
 - iv. 24 hours without an incidence of diarrhea
 - v. Clearance from the NJUHSD nurse has been received

2. SCENARIO TWO: Staff/student has been in close contact with a person who is positive for Covid- 19. *(A close contact is defined as an individual who was within 6 feet of an infected person for at least 15 minutes)*

- a. **STAY HOME**
- b. **CALL THE SCHOOL HEALTH OFFICE:** The School Nurse will help determine whether you were a close contact and then determine the necessary follow up
- c. **If the staff/student does not develop symptoms of Covid- 19 then:**
 - i. Send home to quarantine for 10 days from last exposure to confirmed Covid positive case- Give NCPHD Handout: Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019
 - ii. Recommend Covid- 19 Test (but will not shorten 10-day quarantine)
- d. **If staff/student meets criteria for a close contact and develops symptoms of Covid-19 then:**
 - i. Home Isolation: Give NCPHD Handout Home Care Instructions for People with Respiratory Symptoms
 - ii. Recommend physician visit and/or Covid- 19 Test
 - iii. Anticipated date of return to work/school is when the following criteria are met:
 1. 10 days after symptoms first appeared AND
 2. Your fever is gone for at least 24 hours without the use of fever-reducing medications AND
 3. Your other symptoms (e.g. cough, shortness of breath, aches, sore throat, etc.) are improving
 4. Clearance from the NJUHSD nurse has been received
- e. Report case to school administration for consideration of school community notification of a known contact

3. SCENARIO THREE: Staff/student tests positive for Covid- 19

- a. **STAY HOME** on Isolation- Give NCPHD Handout: Home Care Instructions for People with Respiratory Symptoms
- b. **CONTACT THE SCHOOL HEALTH OFFICE:** The school nurse will guide the student and staff through the Public Health guidelines for a safe return to school
- c. Nevada County Public Health Department will be notified by your school nurse or trained school personnel
- d. The school nurse and Nevada County Public Health will work with the student or staff member to identify contacts
- e. Disinfection and cleaning of classroom and primary spaces where case spent significant time
- f. Report case to administration for consideration of school community notification of a known case
- g. May return to work/ school when following criteria met:

- i. If symptoms occurred:
 1. 10 days after symptoms first appeared AND
 2. Your fever is gone for 24 hours without the use of fever-reducing medications AND your other symptoms (e.g. cough, shortness of breath) have improved
 3. Clearance from the NJUHSD nurse has been received
- ii. If no symptoms occurred:
 1. 10 days after the Covid- 19 test was performed. Example: Date of collection 6/11, positive, never had symptoms. Day 1 of 10 days starts on 6/12, return to school on 6/22
 2. Clearance from the NJUHSD nurse has been received

4. SCENARIO FOUR: Staff/student tests negative after symptoms: May return to work/school when following criteria met:

- a. Symptoms are resolving (not necessarily completely resolved)
- b. Fever free for 24 hours without the use of fever reducing medications
- c. 24 hours without an incidence of diarrhea
- d. Submission to school of negative Covid- 19 test
- e. Clearance from the NJUHSD nurse has been received

5. Staff/students who meet the criteria for the above scenarios should continue to do the following while in quarantine or isolation:

- a. Continue to use daily Covid- 19 self-screening tool
- b. Advised to contact physician if symptoms worse
- c. Advised to call 911 or go to an emergency room, if having difficulty breathing, feeling pain or pressure in chest, bluish lips/face, or are experiencing a new onset of confusion or difficulty waking up
- d. Let your doctor know if you are 65 years or older and/or have health problems such as a chronic disease or a weak immune system as you may be at higher risk of more serious illness.