

COVID-19 Symptom Decision Tree*

(Version: 3/10/2021)

*See page 2 for quarantine guidelines based on recently acquired immunity status



At school, student or staff member develops any one of the following signs or symptoms:

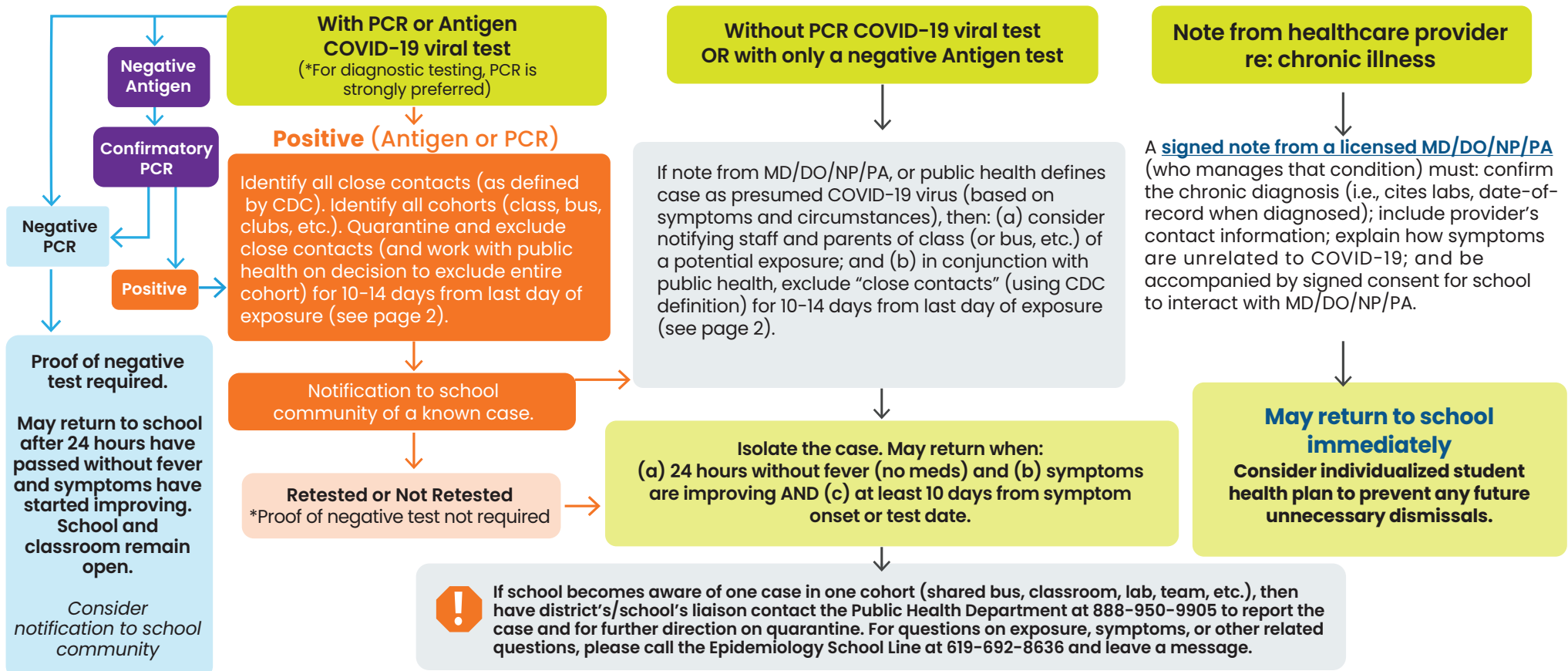
- Fever with or without chills/rigors (fever defined as $T \geq 100.0$ that does not resolve within 30 min. without medication)
 - Cough*
 - Shortness of breath
 - Nasal congestion/rhinorrhea (runny nose)*
 - Sore throat
 - Nausea, vomiting, or diarrhea*
 - Fatigue*
 - New loss of taste/smell
 - Headache*
 - Muscle or body aches*
 - Poor feeding or poor appetite*

* Disregard this symptom if school personnel already aware of a chronic, pre-existing condition that causes the symptom. The nature of the presenting symptom (e.g., duration, intensity) must be consistent with the underlying chronic condition.

ACTION: Apply appropriate PPE; isolate student/staff member until sent home; recommend they reach health care provider for instructions.
 Note: Other infections can cause same symptoms (e.g., flu, strep, etc.) *but these do not rule out COVID-19 as co-occurring*



STUDENT / STAFF TO STAY HOME UNTIL...



If school becomes aware of one case in one cohort (shared bus, classroom, lab, team, etc.), then have district's/school's liaison contact the Public Health Department at 888-950-9905 to report the case and for further direction on quarantine. For questions on exposure, symptoms, or other related questions, please call the Epidemiology School Line at 619-692-8636 and leave a message.

Quarantine of Persons Exposed to COVID-19

A "close contact" is a contact with a COVID-19 patient that occurs anywhere between 48 hours before the COVID-19 patient's symptoms began (or, for asymptomatic patients, two days prior to test specimen collection), and until the COVID-19 patient is no longer required to be isolated, and the contact:

- 1 Were within 6-feet of a COVID-19 patient for a cumulative total of 15 minutes or more over a 24-hour period; or
- 2 Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 patient.

All persons without COVID-19 symptoms who have had close contact with a COVID-19 patient must immediately take quarantine themselves in their home or another residence. They may end quarantine and return to school/work after:

- **10 days** (e.g., on the 11th day) after the last contact with a COVID-19 patient **as long** as they can self-monitor for **COVID-19 symptoms** and **consistently use face covering and distance at least 6 feet** from all others through Day 14.
- **14 days** (e.g., on the 15th day) after the date of last exposure if they **cannot** self-monitor for **COVID-19 symptoms** nor consistently use face covering and distance at least 6 feet from all others after a 10-day quarantine or work with severely immunosuppressed persons (e.g., bone marrow or solid organ transplants, chemotherapy).
- Negative COVID-19 test results will not shorten the time for these individuals.
- **If symptoms occur during quarantine**, individuals should immediately self-isolate and contact their healthcare provider or San Diego County Public Health Services and seek testing.

Quarantine Guidelines Based on Recently Acquired Immunity Status

According to the CDC, quarantine is not required for people who have been in close contact with someone who has COVID-19 under the following scenarios:

- People who have tested positive for COVID-19 within the past three months and recovered and are not now experiencing another onset of any COVID-19 symptom.
- People who have been fully vaccinated (i.e, two weeks past final dose of a COVID-19 vaccine) within the last three months and are not now experiencing an onset of any COVID-19 symptom.



NOTE: 7-day quarantine rarely applies in the K-12 school setting and only applies to healthcare workers; for further guidance see this [memo](#).

