COVID-19 Guidance Packet
for Schools, Childcare, and Other Youth Settings*

Updated January 21, 2022

This document has been developed in accordance with local and state guidance. It is intended to be used as an interpretation tool, not in place of any current guidance. In the event of a new update to local or state guidance, please refer to that source of guidance itself, until this packet is reflective of those changes.

Below are links to the sources used to create this document:

CDPH Guidance on Isolation and Quarantine

CDPH K-12 Guidance

CDPH K-12 Q&A / FAQ

CDPH K-12 Group-Tracing Approach

CDPH Guidance for Child Care Providers and Programs

Masks for Kids: Tips and Resources

Cal/OSHA Emergency Temporary Standards (ETS) - *Our Public Health team may not be up-to-date on the Cal/OSHA ETS as they are revised. We recommend that your employer and staff be responsible for maintaining accordance with this very specific set of guidelines.*

*This document is not reflective of current guidelines for healthcare settings or congregate living facilities

Recent updates:

1/21/22 – Added clarification to Scenarios A - F. Added clarifications on use of Group Tracing Approach. Added scenario titles on General Guidance (for all settings) page. Clarified definitions for "Fully-vaccinated" and "Up-to-date." Added embedded CDPH links for Masking.

Adapted from San Francisco Department of Public Health

	COVID-19 Case & Isolation Definitions (all settings)
COVID-19 "Case"	A **Case** is defined as a person who has tested positive for COVID-19, regardless of vaccination status, previous infection, or symptom status. **All Cases** should complete **Isolation**[1] (below). **To Note:** If a person develops COVID-like symptoms but declines to get tested, current guidance recommends they also follow protocol for Isolation.
COVID-19 Infectious Period	The **Infectious period** for a COVID-19 Case begins **2 days prior to symptom onset** (or appx 2 days prior to the testing date, if no symptoms). COVID-19 Cases will continue to be infectious for an *additional* **5-10 days** after symptom onset (or test date, if no symptoms), and they should complete Isolation during this period (see below). A Case's **last infectious day** is the day before they are released from Isolation.
Isolation (Cases)	**Isolation** separates those infected with a contagious disease from people who are not infected. **Day 0 of Isolation** is the day their first symptoms began (or the day their positive test was collected, if they develop no symptoms). The full isolation period lasts for **5-10 days**. Cases can be released from Isolation when they meet the **Isolation Release Criteria**.
Isolation Release Criteria	A Case can be released any time **after 5 days** of Isolation if: ✓ Fever has resolved, AND ✓ Other symptoms are resolving (or have resolved), AND ✓ They are tested (antigen preferred) **on Day 5** or later, and receive a negative result, AND ✓ They **wear a well-fitted mask** around others for remainder of 10 days (especially indoors) **OR:** Can be released **after 10 days** of Isolation, without a test if: ✓ Fever has resolved, AND ✓ Other symptoms are resolving (or have resolved) Once an individual is released from Isolation, they are considered "recovered."

1 Positive COVID-19 Cases involved in any school, childcare, community, or youth settings should follow these Isolation guidelines. However, Quarantine guidelines may vary by setting and nature of exposure. Please refer to specific corresponding pages for Quarantine guidance.

2 People who are confirmed positive for COVID-19 (by diagnostic testing) are exempt from future quarantine if they are exposed to COVID-19 again in the 90 days following their infection. Without the positive diagnostic test, they are not considered confirmed, and are not exempted from future quarantine or testing (should either be required). Should recently confirmed cases be required to test during that 90-day window, they should test by antigen, as a PCR test may pick up a positive result, even after the individual is no longer infectious (due to dead viral genetic material still being present in the body).

3 In certain circumstances, it is strongly advised that Contacts to do an initial test immediately after learning of their exposure. If negative, testing should be repeated later in the quarantine period, based on current quarantine guidelines and recommendations. A negative result on an early test does not guarantee that they will not develop COVID-19 later in their quarantine period, and a test done too soon will not clear them from Quarantine any sooner.

	COVID-19 Contact & Quarantine Definitions (all settings)
COVID-19 "Contact"	Someone is a **COVID-19 Contact** if they had close contact with an infectious COVID-19 Case. **Close contact** is defined as being **within 6 feet** of an individual for a total of **15 minutes** (or more) over the course of a day – **OR** if they *briefly*: ○ Had direct physical contact with a COVID-19 Case (hugged, kissed, etc.) ○ Provided direct care for someone sick with COVID-19 ○ Were sneezed/coughed on by a COVID-19 Case ○ Shared eating/drinking utensils with a COVID-19 Case
Quarantine (for Contacts)	**Quarantine** restricts the movement of persons who were <u>exposed</u> to a contagious disease, in case they become infectious. When exposed people are in Quarantine, it breaks the chain of transmission. **Day 0 of Quarantine** is the Contact's date of **most recent exposure** to an infectious Case. The type and length of their Quarantine may vary. Please see the following pages for **setting-based scenarios**, to determine the applicable guidelines for close contacts exposed in your setting. If they test positive (or become symptomatic and do not get an alternate diagnosis or test), they begin **Isolation.**
"Unvaccinated"	People are considered **unvaccinated** until they meet the criteria of "fully-vaccinated." This category includes **partially-vaccinated** individuals, and those who have completed their primary series of vaccinations within the last 2 weeks.
"Fully-Vaccinated"	Someone is considered **fully-vaccinated** when it has been **at least 2 weeks since receiving the final dose** of their primary COVID-19 vaccine series (Pfizer or Moderna: 2 doses, J&J: 1 dose). This term may be phased out, as it is ambiguous as to whether or not they are due for a booster.
"Booster-Eligible"	Someone is considered **booster-eligible** when they are **due** for a booster after already receiving their primary series. Booster eligibility can be checked here: CDC Booster Eligibility timelines
"Up-to-Date"	Someone is considered **up-to-date** immediately after receiving their booster. People who are **not yet due** for a booster may be also considered "up-to-date" if fully-vaccinated.
Quarantine Exemptions	The following Close Contacts are **not** required to quarantine after an exposure: • **Fully-Vaccinated** (but not yet booster-eligible) • **Booster-eligible**, but under the age of 18 • **Up-to date** ("boosted," or fully-vaccinated but not booster-eligible) • Recently diagnosed with COVID-19 within 90 days prior to exposure (already recovered) **After being exposed, these individuals should**: ✓ Test 5 days after exposure (or right away if symptoms develop) ✓ **Wear a well-fitting mask** around others for 10 days, especially indoors

General Scenario-based Guidance (all settings)

Scenario	Actions	Considerations
Scenario 1: Someone has symptoms of COVID-19	Should be tested ASAP and isolated while waiting for results, and until a determination can be made as to how to proceed. Tests can be **PCR** or **antigen**. Over-the-counter (OTC) tests are acceptable if they are **FDA approved** and if results are **verified**. ***Close contacts are <u>not</u> required to quarantine until a Case is confirmed positive by diagnostic testing.***	Reinforce importance of **testing** to confirm COVID status[2] FDA-approved [PCR] & [Antigen] tests **Result verification methods** are outlined in [OTC Testing Guidance].

Scenario 2:
 	
Someone tests negative after symptom onset
	They may return when they meet the criteria of your site's **non-COVID illness policy**.
	
	  Individual policies will vary by site/district, but *might include:*
	   ✓ No fever for a certain number of hours
	   ✓ No vomiting or diarrhea for a certain number of hours
	
	If new or differing symptoms develop after testing, test again.
		If they have symptoms specific to COVID (ie: **loss of taste or smell**) and receive a negative antigen result, **consider testing by PCR and/or again by antigen.**

Scenario 3: Someone declines to get tested after symptom onset	**Before returning, they must:** Provide proof of **alternate diagnosis (**from a HCP) and meet your site's non-COVID illness policy criteria (see above) **OR**: May alternatively complete **[Isolation]** and meet the **[Isolation Release Criteria]** prior to returning.	**Encourage testing to confirm COVID-19 status,** so that they may be exempt from future quarantine if exposed again in the following 90 days.[2]

Scenario 4:
 	
Someone has been confirmed positive for COVID-19
 	
(+) Positive COVID-19 CASE
	The COVID-19 Case **should be sent home** with instructions to complete **[Isolation]**. The Case must meet the **[Isolation Release Criteria]** prior to returning.
	
	If the Case was on-site during their infectious period, use one of the following approaches for Contact Tracing (CT):
	
	1. **Individual Contact Tracing approach** (all settings): Identify and notify those who were **Close Contacts** to the infectious Case while on-site, including students, staff, or visitors.
	
	  • See following pages to determine the applicable guidelines for close contacts in your specific setting**.**
	
	2. **Group-Tracing approach** (for K-12 students only): When individual CT cannot be completed, due to high volume of cases on campus - Identify and notify **exposed group** of students who shared indoor space an infectious Case on-site.
	
	  • See page on Group-Tracing for details.
	
	If the Case is involved with an on-site exposure, report the Case to Public Health by sending the completed [Case Reporting form] to [SoCo.schools@sonoma-county.org]. Please complete all required fields, and as many of the optional ones as you can. This reporting may be done in batches, or one case at a time.
	
	  Being "**involved with an on-site exposure**" includes:
	
	• The Case themselves caused an on-site exposure, OR
	
	• The Case may have resulted from an on-site exposure (they were initially a Contact exposed to COVID on-site, and then ended up becoming a Case within the following 14 days)
		If an infectious Case was on-site within the last 24 hours, **clean and disinfect** spaces occupied by that person (desk, etc.)
		
		Provide all Cases with the **[Resource packet for Cases]**
		
		Provide Contacts with the **[Resource packet for Contacts]**
		
		Notifying Contacts:
		
		In their notification, be sure to include their last date of exposure, as well as recommended testing timeline.
		
		If using the **Individual Tracing approach,** refer to the [Exposure Advisory Templates]
		
		For the **Group-Tracing approach** (K-12 students only), refer to the [Group-Tracing Advisory templates]

Quarantine Guidance for Close Contacts who were
Exposed **outside** of K-12 setting (at Home, Preschool, College/IHE, or Other Community Settings)

Exempt from Quarantine	Guidelines
Close contacts who are: **Up-to-date** (boosted, or fully-vaccinated and not yet booster-eligible), **Booster-eligible** (but <u>under</u> the age of 18), **or** recently confirmed positive in the 90 days prior to exposure (already recovered). *If being exposed at home, refer to FAQ Scenario F.*	Please refer to guidelines outlined in the **Quarantine Exemptions** section.

Unvaccinated	Guidelines
Child, Student, Staff, or other individual was exposed to a COVID-19 Case while on-site, at home, or in the community.	They must complete **Standard Quarantine.** *If contact is being exposed at home, refer to FAQ Scenario F (Household exposures) for more details on ways to stop continual exposure and reduce quarantine length.*

Booster Eligible (age 18+)	Guidelines
Staff member was exposed to a COVID-19 Case while on-site, at home, or in the community.	Staff Contact may opt for **Work Quarantine**. *If being exposed at home, refer to FAQ Scenario F.*
Student or other individual was exposed to a COVID-19 Case while on-site, at home, or in the community.	They must complete **Standard Quarantine.** *If being exposed at home, refer to FAQ Scenario F.*

Type of Quarantine	Protocol
Standard (at-home) Quarantine	**Quarantine at home** for 5-10 days, Day zero being the date of **most recent exposure**. **If they remain asymptomatic:** • May discontinue quarantine after Day 5, **if tested negative on/after Day 5** • May discontinue quarantine after Day 10, if declined testing on/after Day 5 Should **wear a well-fitting mask** around others through Day 10, especially indoors. ➢ **If symptoms develop,** they should get tested and isolate in the meantime
Work Quarantine	**Must quarantine at home for 5-10 days** (following protocol above). **The worker may continue working on-site (in-person) during quarantine if they:** ✓ Remain asymptomatic ✓ Get tested (PCR or antigen) within 3-5 days after last exposure to an infectious Case ✓ Continue to **wear a well-fitting mask** around others through Day 10, especially indoors.

Quarantine Guidance for Close Contacts who were
Exposed in a **K-12 Setting** - Individual Contact Tracing Approach
Includes child-care sites operating under K-12 guidance. If they were exposed outside of the K-12 setting, refer to previous page.

Exempt from Quarantine	Guidelines
Close contacts who are: **Up-to-date** (boosted, or fully-vaccinated and not yet booster-eligible), **Booster-eligible** (but <u>under</u> the age of 18), **or** recently confirmed positive in the 90 days prior to exposure (already recovered).	Please refer to guidelines outlined in the **Quarantine Exemptions** section.

Unvaccinated	Guidelines for Contact
Staff was in close contact to a COVID-19 Case in a K-12 setting	Staff Contact must complete **Standard Quarantine.**
Student was in close contact to a COVID-19 Case in a K-12 setting	**Unmasked exposure**: student must complete **Standard Quarantine.**** **Mask-on-Mask exposure**: student may opt for **Modified Quarantine.****

Booster Eligible (age 18 +)	Guidelines for Contact
Staff was in close contact to a COVID-19 Case in a K-12 setting.	Staff Contact may opt for **Work Quarantine**.
Student was in close contact to a COVID-19 Case in a K-12 setting	**Unmasked exposure**: student must complete **Standard Quarantine.**** **Mask-on-Mask exposure**: student may opt for **Modified Quarantine.****

Type of Quarantine	Protocol
Standard (at-home) Quarantine	**Quarantine at home** for 5-10 days, Day zero being the date of **most recent exposure.** **If they remain asymptomatic:** • May discontinue quarantine after Day 5, **if tested negative on/after Day 5** • May discontinue quarantine after Day 10, if declined testing on/after Day 5 Should **wear a well-fitting mask** around others through Day 10, especially indoors. ➢ **If symptoms develop,** they should get tested and isolate in the meantime
Modified Quarantine (K-12 students only)	**Must quarantine at home for 5-10 days** (following standard protocol above). **The student may continue to attend in-person instruction during quarantine if they:** ✓ Remain asymptomatic ✓ Get tested 2x (PCR or antigen), or once if on Day 5 or later ✓ Continue to appropriately mask, as required ✓ Are excluded from all community and extracurricular activities (including sports)

** Schools who cannot realistically conduct individual contact tracing (due to high volume of cases on campus) should opt for the Group-Tracing approach for exposed students. See next page for details.

This approach may <u>not</u> be used for Individuals exposed outside of the K-12 setting, or for staff (exposed in any setting). *This approach is only to be used when a K-12 school is unable to complete the Individual CT Approach for students exposed in K-12 settings, as outlined on the previous page. This approach is not intended to retroactively "release" individuals from Quarantine if the school was able to complete Individual CT for them.*

Exposed Group of Students	Guidelines
Exposed group of K-12 students who **shared indoor space** with an infectious Case in a **K-12 setting**, for 15 minutes (or more) over the course of 24 hours. All of the exposed students are included in this group, **regardless of their vaccination status, mask status, or prior infection.**	• May stay in school for in-person instruction after exposure • Do not need to quarantine outside of school • May continue with extracurricular activities • Should get tested for COVID-19 within 3-5 days after last exposure, testing more often is always an option. • Should wear a face-covering as directed • Should stay home and test ASAP if symptoms develop **In the event of wide-scale and/or repeated exposures (ie: in one classroom, grade-wide or campus-wide), weekly testing may be considered until such time that exposure events on-site become less frequent.** For more details on this approach, please refer to: CDPH K-12 Q&A / FAQ and CDPH Group-Tracing Approach for K-12 Students

Staff Exempt from Quarantine	Guidelines
Close contacts who are: **Up-to-date** (boosted), **Booster-eligible** (but <u>under</u> the age of 18), **Fully-vaccinated** by primary series (not yet booster-eligible), **or** recently confirmed positive in the 90 days prior to exposure (already recovered).	Please refer to guidelines outlined in the **Quarantine Exemptions** section.

Booster Eligible Staff (age 18 +)	Guideline
Staff member was in close contact to a COVID-19 Case	Staff Contact may opt for **Work Quarantine**.

Unvaccinated Staff	Guidelines
Staff was in close contact to a COVID-19 Case	Staff Contact must complete **Standard Quarantine**.

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FAQ - Scenario	Recommendation
Scenario A: **Household Contact of Contact** A student at our school has a sibling who has been exposed to COVID-19 and is in quarantine. Can our student continue coming to school?	It is best for the exposed sibling (Sibling A) to **separate** from others in the home, in case they become infectious during their quarantine. Regardless of whether or not they are able to separate, the student who is **not** quarantining (Sibling B) may continue coming to school. **If Sibling A begins developing symptoms**, they should be tested ASAP. If Sibling A tests positive and has been in close contact with Sibling B (starting 2 days prior to their symptom onset, or starting 2 days prior to their positive test date if they had no symptoms), Sibling B must stay home and not return to school until after completing their **at-home quarantine** (if not exempt).
Scenario B: A student at our school tested positive for COVID-19, and they were in multiple classes during their infectious period. Do all of the students in those classes need to quarantine?	Only the individuals who were in **close contact** to the COVID-19 case will be required to quarantine (if not exempt). This may not be the entire classroom if a strict classroom seating charts have been maintained (including at lunch tables, when 6-foot spacing cannot be maintained). The COVID Coordinator should work with the school to determine if they can **confidently confirm** who may have been a close contact. If this level of individual contact tracing cannot be completed, the school should opt for the Group-Tracing approach.
Scenario C: A student received their 2nd vaccine dose one week ago but was just exposed to a positive case. Do they need to quarantine?	People are considered fully-vaccinated when it has been two full weeks since they received their final dose of their COVID-19 vaccine series (1st dose for J&J, 2nd dose for Pfizer or Moderna). If they are exposed before they reach the two-week mark, they are still considered [unvaccinated](#) and they must quarantine as directed.
Scenario D: **Sports Exposure** An athlete at our school tested positive for COVID-19, and was at sports practice all week. Does their entire team need to quarantine?	**Not necessarily.** Schools should consider the full definition of a "close contact" when determining who needs to quarantine. Exposure can occur very quickly during direct physical contact, therefore, some activities don't require the 15 minutes to be considered close contact. Different sports carry different levels of risk depending on if they are played indoors or outdoors, and whether they are low-contact or moderate/high-contact activities. In moderate or high-contact activities, such as football or basketball, the entire team may have had direct physical contact during play, and therefore are considered exposed. When investigating exposure, schools should consider if players congregated on sidelines, in locker rooms, or before/after practice. Any player(s) who meet the criteria to be considered a close contact should quarantine (at home if unmasked) unless exempt and asymptomatic. The school may opt for the Group-Tracing approach for these types of scenarios.

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FAQ - Scenario	Recommendation
Scenario E: **Preschool exposure** A COVID-19 positive child at our preschool was present while infectious. Do all of the kids in their cohort need to quarantine?	In the **preschool setting**, proper mitigation measures (masking, distancing, etc.) and strict classroom seating charts are not always maintained. Because of the nature of the setting, it is not common for daycare/preschool sites to be able to **confidently confirm** who was and was not in close contact to the infectious case, unless the case is an infant or someone who was known to have minimal contact with others during the day. As a precaution, it may be best to consider the entire stable group as potentially exposed, especially indoors.
Scenario F: **Household Exposure** Someone from our school/program has a household member who is positive for COVID-19. When can they come back?	Even if they are **exempt** from quarantine, they should make best efforts to **completely separate** from the infectious household member, to reduce risk of becoming sick. This complete separation is not required for those exempt from quarantine, but is still highly recommended. See criteria below. If they are **not** exempt from quarantine, and have had **close contact** at home, they must do **standard (at home) quarantine.** If they can **completely separate** from the infectious person, then their quarantine clock begins right away. Day 0 of their Quarantine would be the day they made **complete separation**. **Complete separation in the home includes ALL of the following**: ✓ **Separate bedroom** – OR: heads of beds at opposite ends, 6+ feet apart ✓ **Separate bathroom** – OR: showering at separate times of day, wiping down high-touch surfaces, keeping toothbrushes separated, etc. ✓ Keeping at least **6 feet of distance** from the Case at all times ✓ **AND** wearing **masks** when sharing common spaces (both the positive Case and the other household members) If they *cannot* completely separate (they are being **continually exposed),** their quarantine "clock" may not begin until after their **final exposure** to an infectious Case. Final exposure (Day 0 of Quarantine) may end up being the Case's last day of their Isolation / infectious period.
Scenario G: **Allergy Symptoms** A student at our site has sniffles (mild allergy-like symptoms). Do they need to be tested? When can they come back?	An informed decision about what warrants testing should be made on a **case-by-case basis**. This decision can be made by the school nurse, or COVID liaison in conjunction with Public Health as needed. Schools should consider if the child in question has **a documented health history of allergies (alternate diagnosis)**, and be sure their current symptoms match their typical baseline symptoms for that diagnosis. If there is a change from their baseline symptoms, this would require follow-up (and possibly testing). However, if the person has any other COVID-19 symptoms, recent exposure to COVID-19, **or** if the nasal discharge is not clear - then it would be indicated that they **test right away**, and be isolated while waiting for results. **Those who test negative** after symptom onset can return to the site when they meet the criteria of your site's non-COVID illness policy. **Please note** that other certain infectious diseases (like **Norovirus**) still need to be reported to Sonoma County Department of Public Health. **Please report all non-COVID infectious diseases to:** PHNurse@sonoma-county.org