

COVID-19 Symptom Decision Tree*

(Version: 5/28/2021)

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



Before- and after-school programs follow the [Childcare COVID-19 Decision Tree](#)

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*

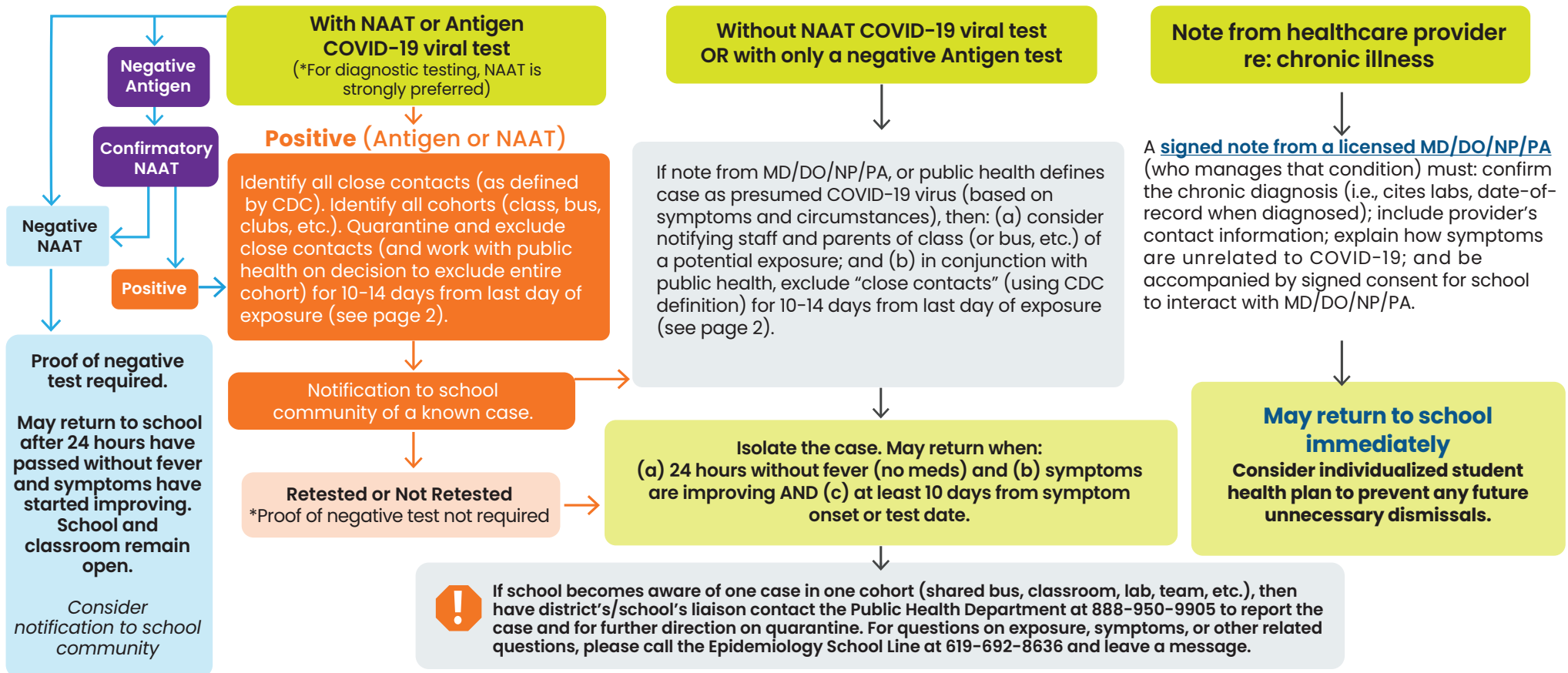
* Disregard this symptom if school personnel already aware of a chronic, pre-existing condition that causes the symptom. The nature of the presenting symptom (e.g., duration, intensity) must be consistent with the underlying chronic condition.

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*

Nucleic Acid Amplification Tests (NAATs) inc.: PCR, NEAR, TMA, LAMP, HDA, CRISPR, SDA



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 quarantine themselves in their home or another residence and may return to school/work:

- **14 days** (i.e., on the 15th day) after their last contact with a COVID-19 patient. This applies to most students and certainly to any student or staff member who is proximate to others with any severely immunosuppressive disorder (e.g., bone marrow or solid organ transplant, chemotherapy), or,
- **10 days** (i.e., on the 11th day) after their last contact with a COVID-19 patient **if the school can ensure** that on days 11 to 14 the person will self-monitor for symptoms, maintain 6 feet of physical distancing at all times, and wear a face cover over their nose and mouth as required. This option is inappropriate for most students as schools will have difficulty ensuring that these requirements are met.
- 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. **Note:** For all employees, Cal/OSHA emergency temporary standards currently do not allow this option.
- People who have been fully vaccinated (i.e, two weeks past final dose of a COVID-19 vaccine) and are not now experiencing an onset of any COVID-19 symptom.

Displaying COVID-19-like Symptom(s) Months After Testing Positive

If someone within 90 days of a COVID-19 infection develops new symptom(s) consistent with COVID-19, that person can return to school if they have a negative PCR or other NAAT test. If positive, the result may be a remnant of the old infection and that individual can be cleared with a medical evaluation by their own health care provider, who should assess for alternate causes of COVID-19 symptoms. This evaluation may include testing for diseases and for non-COVID-19 viruses that can present with similar symptoms.

- Once the likelihood of COVID-19 transmission is eliminated by these tests and the evaluation presented to the school district, the individual may return to school.
- If medical evaluation is not sought and there is no negative test, the individual may return: 10 days after symptom onset AND after fever is gone for at least 24 hours without use of fever-reducing medications AND symptoms are improving.

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

This Decision Tree reflects guidance in the current San Diego County Public Health Order and CDPH industry guidelines.

