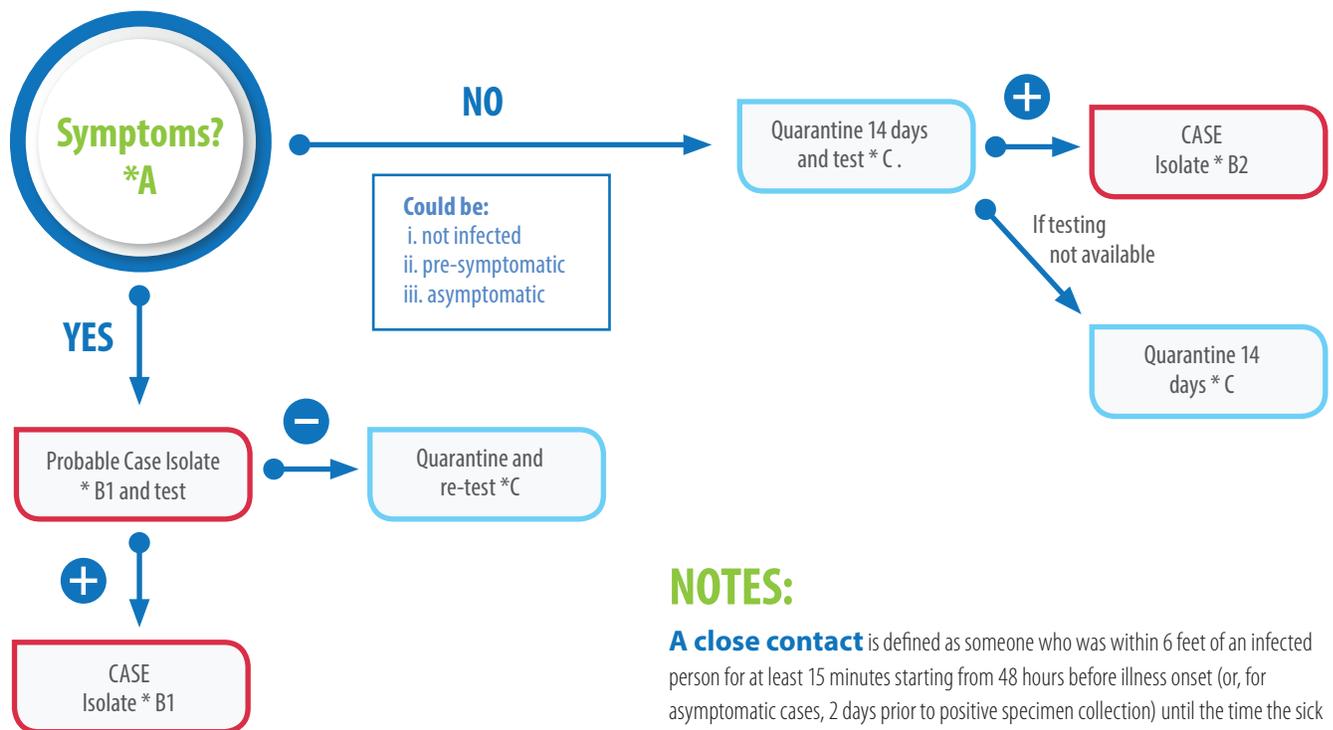


# COVID-19 SCHOOL GUIDANCE

Saginaw County  HEALTH DEPARTMENT

## Evaluation of Close Contacts to a Confirmed or Probable Case for Return to School

EXPOSURE to a person with COVID-19, 2 – 14 days previously



### NOTES:

**A close contact** is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset (or, for asymptomatic cases, 2 days prior to positive specimen collection) until the time the sick person is isolated.

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## A. Symptoms: fever, cough, difficulty breathing:

**CDC Guidance:** After an incubation period of 2-14 days (median 4-5 days), 97.5% of people infected with COVID-19 and who have symptoms will experience these symptoms within 11.5 days of infection. The signs and symptoms of COVID-19 vary, but over the course of the disease, most people with COVID-19 will experience the following:

- Fever, dry cough, fatigue, loss of appetite, shortness of breath, sputum production and muscle aches.

Headache, confusion, rhinorrhea, sore throat, hemoptysis, vomiting, and diarrhea have been reported but are less common. Some people with COVID-19 have experienced gastrointestinal symptoms such as diarrhea and nausea prior to developing fever and lower respiratory tract signs and symptoms. Anosmia (loss of sense of smell) or ageusia (loss of sense of taste) preceding the onset of respiratory symptoms has been anecdotally reported, but more information is needed to understand its role in identifying COVID-19. The Saginaw County Health Department encourages everyone to work with their primary care provider to manage symptoms.

## B1. Isolation for those who have symptoms:

Isolation is defined as the separation or restriction of activities of an ill person with a contagious disease from those who are well. Those who have, or are probable cases of, COVID-19, but do not require hospitalization can isolate at home until the risk of secondary transmission is considered to be low. Risk determination is based on either a symptom resolution or a combination of symptom resolution and test results.

### 1. Symptom-based strategy

**Staff or students with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**, at least 10 days have passed *since symptoms first appeared*.

### 2. Test-based strategy

Previous recommendations for a test-based strategy remain applicable; however, a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.

**Staff or students who have COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:

- Resolution of fever **without** the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
- Negative results of a COVID-19 test from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens)\*. See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 \(COVID-19\)](#).

## B2. Isolation for staff or students who have not had symptoms:

Isolation is defined as the separation or restriction of activities of a person infected with COVID-19 from those who are well. People who are infected but do not require hospitalization can isolate at home until the risk of secondary transmission is considered to be low. Determination of transmission risk is based on either

- At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used, or
- Negative results of a COVID-19 test from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens). See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 \(COVID-19\)](#).

**CDC Guidance:** *US Centers for Disease Control and Prevention. Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings (Interim Guidance).* 2020; <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

## C. Quarantine:

Close contacts to people who are infectious may become infected and should be tested. Their test result may be negative but this does not necessarily mean that they are not infected. It could be because:

- They were infected but are not yet showing symptoms (pre-symptomatic), or
- They were infected and they are not showing any symptoms and will continue without symptoms (asymptomatic), or
- They were not infected by the virus.

But as both pre-symptomatic and asymptomatic people may be infectious, they should remain in quarantine until their status is determined and they are no longer considered a risk for virus transmission.

**CDC Guidance:** *US Centers for Disease Control and Prevention. Interim Guidance on Developing a COVID-19 Case Investigation & Contact Tracing Plan.* 2020; CS317074-A. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/case-investigation-contact-tracing.pdf>.