

# SELF-QUARANTINE PROCEDURES

Self-quarantine is recommended for individuals who have been directly exposed to the new Corona-virus or have a **history of traveled outside the State of California.**



## STAY AT HOME

If you feel sick. Minor Symptoms should pass after 24 hours. If high risk-red flag symptoms stay home for 14 days.

**COVID TESTING KITS AVAILABLE AT YOUR SCHOOL SITE**

**TESTING NEGATIVE CAN REDUCE THE DAYS YOU STAY HOME.**

## WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue



# Student Symptom Decision Tree

Screen all students for potential COVID-19 symptoms or exposure

## Low-risk: general symptoms

## High-risk: red flag symptoms



Fever ( $\geq 100.4^{\circ}\text{F}$ )



Sore throat



Cough



Congestion/runny nose



Headache



Difficulty breathing



Nausea/vomiting/diarrhea



Fatigue/muscle or body aches



Loss of taste/smell

### Exposure to COVID-19 positive person?

Close contact: less than 6 feet, more than 15 min

**NO**

▶ 1 **low risk** symptom



Send home



Return to school 24 hr after symptom resolution (without fever reducing medication)

▶  $\geq 2$  **low risk** symptoms  
OR 1 **high risk** symptom



Send home



Evaluation by Healthcare Provider

**1**

Healthcare provider confirms alternative diagnosis for symptoms. A healthcare provider's note must be on file. SARS-CoV-2 PCR test not needed.



Return to school after 24 hours without fever and symptoms improving

**2**

Negative SARS-CoV-2 PCR test



Return to school after 24 hours without fever and symptoms improving

**3**

Positive SARS-CoV-2 PCR test



Return to school only after 10 days since symptom onset, 24 hours without fever, quarantine contacts. If any questions, contact OCHCA.

**YES**



Stay home\*



Return to school after 10 days from last contact unless symptoms develop. If symptoms develop, perform SARS-CoV-2 PCR test.

\* In consultation with OCHCA

This care pathway was designed to assist school personnel and is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a qualified health provider. Guidance might change - 08 28 2020