

Schools & COVID-19

Case Investigation & Contact
Tracing



1

Isolation vs. Quarantine

Let's start with the first set of slides

ISOLATION VERSUS QUARANTINE: WHAT'S THE DIFFERENCE?



ISOLATION

Isolation is for people who test positive for COVID-19 or have symptoms like fever, cough, or shortness of breath. By staying away from others (isolating) while you're sick, you can avoid infecting housemates and people in the community.



QUARANTINE

Quarantine is for people who are feeling well but have been in close contact with someone who has COVID-19.



How long is isolation?

If you have symptoms:

- At least 10 days have passed since symptom onset; **AND**
- At least 24 hours have passed since resolution of fever w/o the use of fever-reducing medications; **AND**
- Other symptoms have improved

If you **DO NOT** have symptoms:

- At least 10 days have passed since the date of the first positive COVID-19 diagnostic test





How long is quarantine?

For asymptomatic, unvaccinated students, they have three quarantine options:

NO TESTING

Quarantine can end after **Day 10** from the date of last exposure without testing.

WITH TESTING

Quarantine can end after **Day 7** if a diagnostic specimen is collected on **Day 5** or later from the date of last exposure and tests negative.



If **both** parties were masked, student may continue to attend school if they:

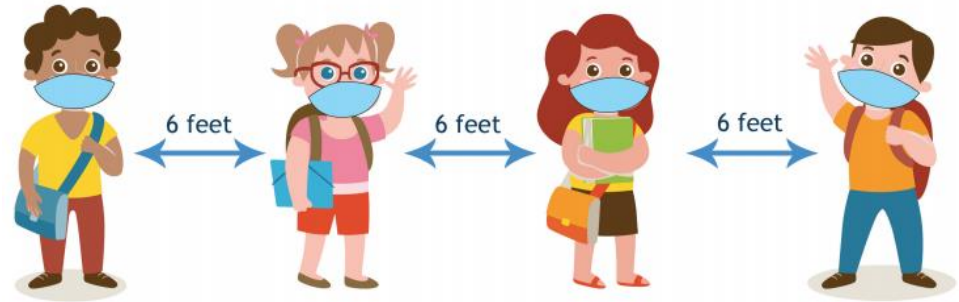
- Are asymptomatic
- Continue to mask
- **Twice weekly testing**
- Quarantine for extracurricular activities



REMEMBER:

Asymptomatic close contacts should:

- Continue to self-monitor for symptoms through Day 14 from last known exposure; AND
- Wear a mask around others, hand wash, avoid crowds, and stay at least 6 feet from others through Day 14 from last known exposure



What to do if a child/staff has symptoms consistent to COVID-19 but no known exposure...

Stay Home!

- The sick individual should not return to campus until:
 - ▷ 24 hours have passed since resolution of fever without the use of fever-reducing medications; AND
 - ▷ Other symptoms have improved; AND
 - ▷ They have a negative COVID-19 test, OR a healthcare provider has provided document that the symptoms are typical of their underlying chronic condition, OR a healthcare provider has confirmed alternative named diagnosis, OR at least 10 days have passed since symptom onset





Do fully vaccinated persons need to quarantine?

Fully vaccinated persons **do not** need to quarantine if they are exposed to someone with COVID-19. However, they **should**:

- Get tested 3-5 days after exposure
- Should monitor for COVID-19 symptoms
- Wear a mask around others, hand wash, avoid crowds, and stay at least 6 feet from others for 14 days following the last date of exposure



“ Individuals with a previous COVID-19 infection within the last **90 days** do not need to quarantine, as long as they have not had any new symptoms since their recent exposure.



2

Calculating

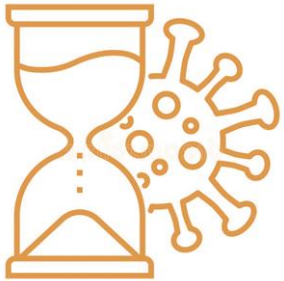
Infectious period, quarantine, and isolation



Terminology

Infectious Period

A person with COVID-19 is considered infectious starting 2 days before they develop symptoms, or 2 days before the date of their positive test if they don't have symptoms.



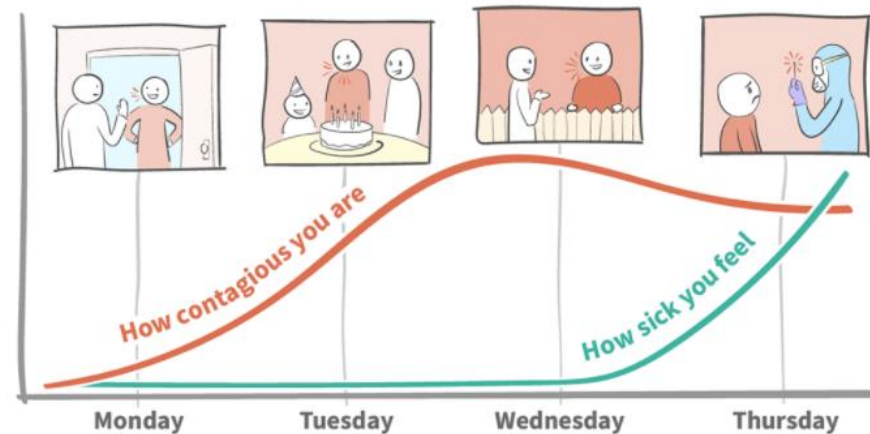
Close-Contact

Anyone who was within **6 ft** of an infected person for a total of **15 minutes** or more cumulative over a 24-hour period



How far back should contact tracing go?

- While the incubation period for the virus can be as long as 14 days, research suggests that people who have COVID-19 may become infectious to others **2 days before** they start to feel sick or test positive



Release Date Calculations

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Scenario 1: Johnny was exposed on 10/1. He is asymptomatic and is choosing to test on or after day 5 to be released from quarantine after day 7. What is his quarantine release date if his test comes back negative?

Release Date Calculations

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 EXPOSED TO COVID DAY 0	2
3	4	5	6 TESTED FOR COVID DAY 5	7	8 LAST DAY OF QUARANTINE DAY 7	9 RELEASE DATE DAY 8
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Scenario 1: Johnny was exposed on 10/1. He is asymptomatic and is choosing to test on or after day 5 to be released from quarantine after day 7. What is his quarantine release date if his test comes back negative?

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Scenario 2: Katie developed COVID-like symptoms on 10/1 and tested positive on 10/3. When is her isolation release date?

Release Date Calculations

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DEVELOP SYMPTOMS DAY 0	2
3 TESTED FOR COVID	4	5	6	7	8	9
10	11 LAST DAY OF ISOLATION DAY 10	12 RELEASE DATE DAY 11	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Scenario 2: Katie developed COVID-like symptoms on 10/1 and tested positive on 10/3. When is her isolation release date?

Release Date Calculations

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Scenario 3: Anthony has a household member who tested positive for COVID-19 on 10/1 and is unable to quarantine away from the household member. The household member completed her isolation on 10/11. When is Anthony's 10-day quarantine over? (Anthony did not develop symptoms or test positive)

Release Date Calculations

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HH TESTED POSITIVE DAY 0	2
3	4	5	6	7	8	9
10	11 HH LAST DAY OF ISOLATION DAY 10 ANTHONY BEGINS QUARANTINE DAY 0	12 HH RELEASE DATE DAY 11	13	14	15	16
17	18	19	20 ANTHONY'S LAST DAY OF QUARANTINE DAY 10	21 ANTHONY'S RELEASE DATE DAY 11	22	23
24	25	26	27	28	29	30
31						

Scenario 3: Anthony has a household member who tested positive for COVID-19 on 10/1 and is unable to quarantine away from the household member. The household member completed her isolation on 10/11. When is Anthony's 10-day quarantine over? (Anthony did not develop symptoms or test positive)



Resources

CDPH Isolation and Quarantine Guidance: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

K-12 Schools Guidance: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

Decision Tree: https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/School_Case_Decision_Tree-ADA.pdf

Cal/OSHA ETS: <https://www.dir.ca.gov/dosh/coronavirus/ETS.html>

Calculating Isolation and Quarantine Period: <https://www.phila.gov/media/20201119161650/Quarantine-Visual-Aid-.pdf>

COVID-19 Quarantine Calculator: <https://health.ri.gov/forms/worksheets/Close-Contact-Quarantine-Calculator.xlsx>

Quarantine and Isolation Calculator: <https://doh.sd.gov/covid/calculator/>

Vaccine Verification for Workers in Schools: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Order-of-the-State-Public-Health-Officer-Vaccine-Verification-for-Workers-in-Schools.aspx>

California Announces COVID-19 Vaccine Requirements for Schools: <https://www.gov.ca.gov/2021/10/01/california-becomes-first-state-in-nation-to-announce-covid-19-vaccine-requirements-for-schools/>