Guidance for Schools Regarding COVID-19 Infection and Exposure

The purpose of the guidance is to help schools determine next steps when being notified that a person has been diagnosed with COVID-19 or has been exposed to a person diagnosed with COVID-19. This guidance is not intended to replace medical evaluation or any other recommendations by the U.S. Centers for Disease Control and Prevention (CDC) or the California Department of Public Health (CDPH).

All information is subject to change.

BACKGROUND

Coronavirus Disease 2019 (COVID-19) is an infection caused by a virus that can spread from person to person through respiratory droplets when a person coughs or sneezes. While it is primarily spread by coming into close contact (about 6 feet) of a person who is infected with COVID-19, it may also be spread by touching a surface with the virus on it and then touching your mouth, nose, or eyes.

There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19. This includes staying home as much as possible, avoiding close contact with others, cleaning and disinfecting frequently touched surface, and washing your hands with soap and water or using an alcohol-based hand sanitizer.

Anyone who is ill should stay home. Symptoms may appear 2-14 days after exposure to the virus. Symptoms of COVID-19 include, but are not limited to:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Everyone is at risk of getting COVID-19, but some people are at higher risk for more severe illness, including hospitalization and death. Persons who are at higher risk include those who are over 65 years of age and people with serious underlying medical conditions, particularly if not well controlled. More details regarding people who may be at higher risk can be found online at https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html.
When a Student/Employee Tests Positive for COVID-19

In most cases, the Infected Student/Employee will notify the employer of a positive test result. If so, notify Butte County Public Health, 530.552.3050.

In some cases, Butte County Public Health (BCPH) will be the first to notify a School that a student/employee tested positive.

If the Infected Student/Employee is at home, instruct to stay home.

If Infected Employee is at school, send home immediately.

If Infected Student is at school, mask and isolate until parent/guardian arrives.

BCPH will determine whether the Infected Student/Employee had prolonged direct contact (within 6 feet for more than 15 minutes) with other students/employees during the two days before symptoms first started or since the case tested positive.

BCPH and school will assess full or partial closure of the school based on employee/student close contact during infectious period and physical presence on campus.

In conjunction with BCPH, the school will identify students and employees who may have had close contact with the Infected Student/Employee and the last date of exposure.

School performs assessment of facility and arranges for thorough cleaning and disinfecting of areas where the Infected Student/Employee was present while infectious. (BCPH may provide

School may allow Infected Student/Employee to learn/work remotely if they are well enough and are able to do so from home.

BCPH will work with the school to notify all close contacts of Infected Employee.

Infected Students/Employees should not return to work until meeting criteria (see page 3 Returning to Work). BCPH will determine when the Infected Student/Employee is released from isolation.

Written documentation of release from isolation can be provided by BCPH.

Based on the CDC’s Cleaning and Disinfecting, and Discontinuation of Home Isolation https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html
Returning to School after Testing Positive for COVID-19

Infected Students/Employees who have been diagnosed with COVID-19 may not return to work until they meet the CDC criteria for discontinuation of isolation. Butte County Public Health (BCPH) will utilize the following Symptom/Time based strategy.

BCPH determines if the patient had symptoms consistent with a COVID-19 infection regardless if it is before or after testing.

**No Symptoms**
- At least 10 days have passed since positive test result.
- No symptoms have developed since positive test result.

*NOTE: Positive results after 10 days do not necessarily mean that the Infected Student/Employee is still infectious to others. There are reports of patients having positive tests for weeks and months after no longer being infectious.*

BCPH will determine when the Infected Student/Employee is released from Isolation.

Written documentation of release from isolation can be provided by BCPH.

**Symptoms**
- At least 10 days have passed since symptom onset, (or from the testing date if asymptomatic.).
- Infected Student/Employee must have no fever (without the use of fever-reducing medication) for 24 hours.
- Infected Student/Employee’s symptoms have improved.

Recoveried Student/Employee may return to work.

Student/Employee should follow all recommendations by their healthcare provider and BCPH (if any), maintain good hygiene practices, and continue to self-monitor for any symptoms.

Based on the CDC’s [Cleaning and Disinfecting](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disinfection.html), and [Discontinuation of Home Isolation](https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html)
Butte County Public Health will provide follow up to close contacts. Close contact is defined as being within 6 feet of a person during their infectious period for 15 minutes or longer. This can occur 2 days before symptoms appear or the positive test is collected, and during the first 10 days from symptom onset or the positive COVID-19 test.

Exposed student/employee is diagnosed with COVID-19.

Exposure student/employee tests negative for COVID-19, or diagnosed with an illness other than COVID-19.

Exposed employee should continue their self-quarantine period.

Written documentation of release from self-quarantine can be provided by BCPH.

School should follow guidance titled, When an Employee Tests Positive for COVID-19.

Symptomatic individuals should be tested for COVID-19.

Exposed student/employee becomes symptomatic.

No Symptoms

Allow exposed student/employee to learn/work remotely during self-quarantine if able to from home.

Allow exposed student/employee to return to school 14 days after their last exposure to the person who tested positive as long as they remain asymptomatic.

Legend

| School | BCPH | Individual |
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