



# COVID-19 GUIDANCE INFORMATION FOR SCHOOLS

## DEFINITIONS AND EXCLUSION SYMPTOMS:

**Isolation** means keeping sick people away from healthy ones. This means that the sick person rests in his or her own bedroom or area of your home and stays away from others. This includes staying home from school.

**Quarantine** means separating people who were around someone who was sick, just in case they get sick. Since people who were around other sick people are more likely to get sick themselves, quarantine prevents them from unintentionally spreading the virus to other people even before they realize they are sick. People who are in quarantine stay at home and avoid going out or being around other people. This includes staying home from school.

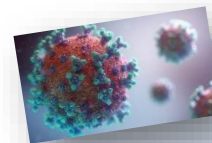
**Close contact:** An individual is considered a close contact if any of following is true:

- Was within 6 feet of a positive person for more than 15 minutes total in a day.
- Had physical contact with the person (this could mean hugging, kissing, playing contact sports, sharing eating/drinking items, etc.)
- Had direct contact with the respiratory secretions of the person (from coughing, sneezing, contact with dirty tissue, shared drinking glass, food, or other personal items).
- Lives with or stayed overnight for at least one night in a household with the person.

*These close contact criteria apply regardless of mask use, face shields, or physical barriers, such as Plexiglas or plastic barriers. The only exception is if a healthcare worker in a school setting is wearing the proper personal protective equipment. When an individual's symptom, contact, or test status changes, the quarantine or isolation requirements should be reassessed.*

**Symptoms of COVID-19:** *This is ISDH's streamlined school exclusion symptom list. If the person has one or more of the following symptoms, they should be excluded from the school/activities:*

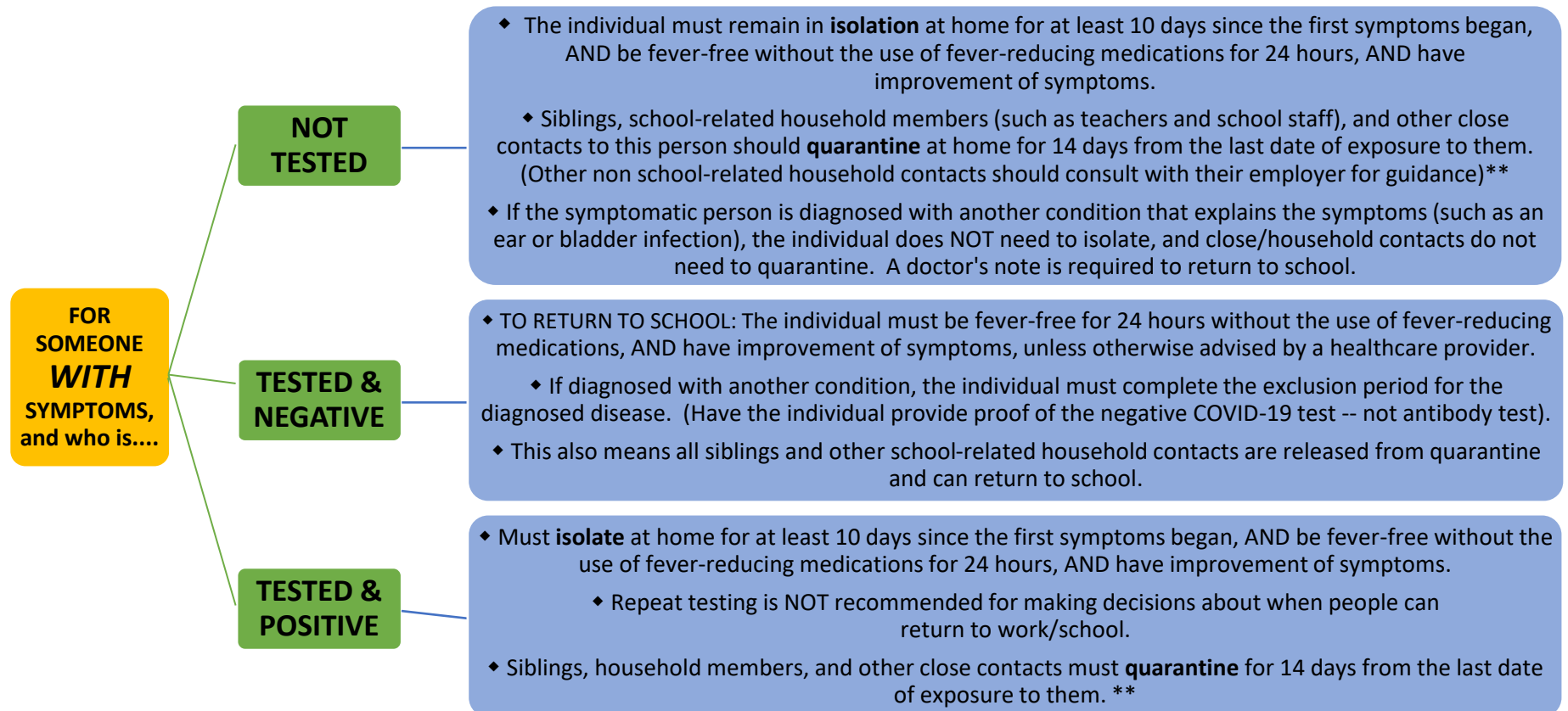
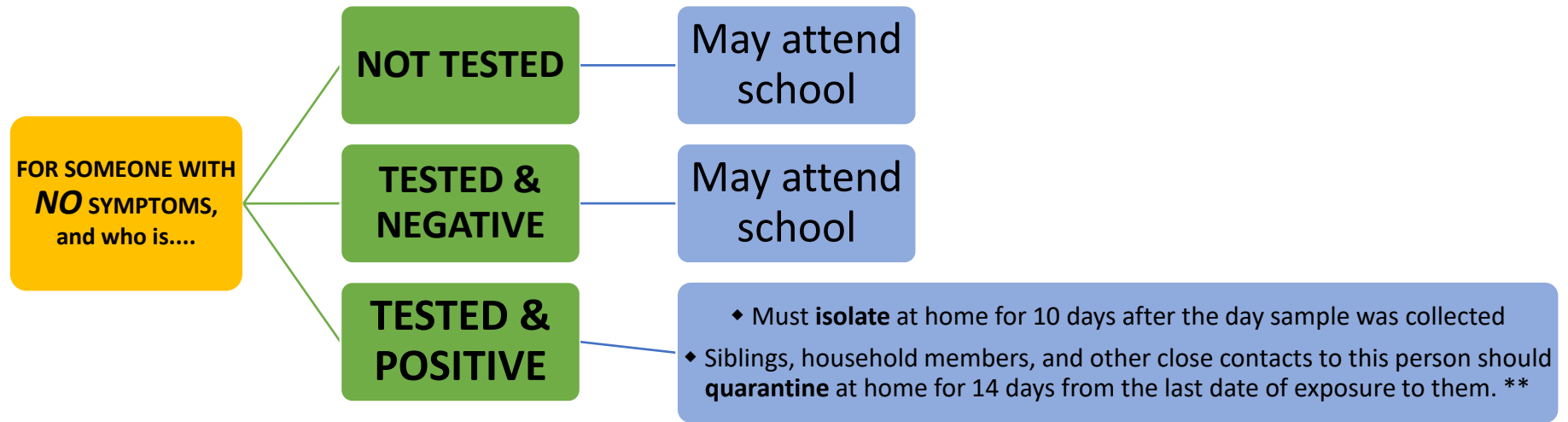
- Temperature 100.4 degrees Fahrenheit or higher (or school board policy if threshold is lower)
- Sore throat
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/ asthmatic cough, a change in their cough from baseline)
- Diarrhea, nausea or vomiting, abdominal pain
- New onset of severe headache, especially with a fever
- New loss of taste or smell



### Additional known COVID-19 Symptoms for Exclusion Consideration:

- Runny nose
- Congestion
- Chills
- Muscle pain
- Headache
- Shortness of breath
- Repeated shaking with chills

FOR AN INDIVIDUAL WHO IS NOT A KNOWN CLOSE CONTACT TO A COVID-19 CASE (i.e. not in quarantine)



\*\*If the person in isolation cannot truly isolate away from others at home (such as a caregiver to a child, or if spacing does not allow proper isolation), the last date of contact may be the last day of isolation for the symptomatic or positive person. That means the date of "last exposure" for someone to begin quarantine would not start until that time.

## FOR AN INDIVIDUAL WHO IS A KNOWN CLOSE CONTACT TO A COVID-19 CASE (i.e. *in quarantine*)

