WHEN SHOULD A CHILD STAY HOME FROM SCHOOL AND/OR CHILD CARE? • A VDH Guideline for Evaluating a Child with COVID-19 Symptoms or Exposure

VDH Algorithm for Evaluating a Child with COVID-19 Symptoms or Exposure (December 8, 2020)

FOR PARENTS AND GUARDIANS

- Symptoms of COVID-19 include fever (≥100.4°F) or chills, fatigue (more tired than usual), headache, muscle aches, cough, nasal congestion or runny nose, new loss of taste or smell, sore throat, shortness of breath or difficulty breathing, abdominal pain, diarrhea, nausea or vomiting, new onset of poor appetite or poor feeding.

- Keep child home. Call your healthcare provider (if no clinical evaluation see Return section below).

- Notify the school.

FOR SCHOOLS AND CHILD CARE FACILITIES

- Close contact means being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period, or having direct exposure to respiratory secretions.

- ≥50 cases per 100,000 population in the past 14 days. Click here for local information: www.vdh.virginia.gov/coronavirus/key-measures/pandemic-metrics/school-metrics/

*Symptoms of COVID-19 include fever (≥100.4°F) or chills, fatigue (more tired than usual), headache, muscle aches, cough, nasal congestion or runny nose, new loss of taste or smell, sore throat, shortness of breath or difficulty breathing, abdominal pain, diarrhea, nausea or vomiting, new onset of poor appetite or poor feeding.

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APPENDIX

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FOR HEALTHCARE PROVIDERS

- Testing – PCR or antigen (Ag) testing is acceptable. If an Ag test is negative and clinical suspicion for COVID-19 is high, confirm with PCR, ideally within 2 days of the initial Ag test. If PCR testing is not available, clinical judgment can be used in whether to recommend the patient isolate.

bottom half

Clinical Evaluation for Children with Symptoms of COVID-19*  

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative for COVID-19</td>
<td>Isolate at home.</td>
</tr>
<tr>
<td>Positive test or diagnosis for COVID-19</td>
<td>Test for COVID-19 right away if symptoms present, or 5 days or more after likely exposure if no symptoms. Isolate/quarantine at home.</td>
</tr>
<tr>
<td>Negative for COVID-19 or not tested</td>
<td>Consider alternate diagnoses. Testing and exclusion for COVID-19 may be considered based on level of clinical suspicion and testing availability.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If no clinical evaluation performed</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms and no close contact** and no exposure in last 14 days to area with ≥50 cases/100,000 population***</td>
<td>Home isolate for 10 days after symptom onset (or date of positive test). Quarantine close contacts.</td>
</tr>
<tr>
<td>Symptoms and had close contact** or exposure in last 14 days to area with ≥50 cases/100,000 population***</td>
<td>Home isolate for 10 days after symptom onset (or date of positive test). Quarantine close contacts.</td>
</tr>
<tr>
<td>No symptoms but had close contact**</td>
<td>Home isolate for 10 days after symptom onset. Quarantine close contacts.</td>
</tr>
<tr>
<td>14-day home quarantine. If no symptoms, return on Day 15. If symptoms develop, need 10 day isolation and quarantine close contacts.</td>
<td>Home isolate for 10 days after symptom onset. Quarantine close contacts.</td>
</tr>
<tr>
<td>After 10-day isolation, if no fever for at least 24 hours and symptoms have improved, child may return to school and/or child care.</td>
<td>Home isolate for 10 days after symptom onset. Quarantine close contacts.</td>
</tr>
<tr>
<td>If symptoms develop, child may return to school and/or child care after Day 14. If unable to stay home for 14 days and if no symptoms have developed, quarantine can end after Day 10 with no test or after Day 7 with a negative PCR or antigen test performed on or after Day 5.</td>
<td>Home isolate for 10 days after symptom onset. Quarantine close contacts.</td>
</tr>
</tbody>
</table>

RETURN TO SCHOOL AND CHILD CARE

If it is safest to stay home for 14 days after last exposure (or contact), if you are not able to stay home for the full 14 days after exposure and do not have symptoms, quarantine can end after Day 10 with no test or after Day 7 with a negative PCR or antigen test performed on or after Day 5. If you do not stay home for the recommended 14 days, continue monitoring for symptoms and follow all recommendations for the full 14-day period after the exposure.

- Return when no fever for 24 hours without fever-reducing medicine.
- 10-day home isolation. Then return when no fever for 24 hours without fever-reducing medicine. Quarantine close contacts.
- 14-day home quarantine. If no symptoms, return on Day 15. If symptoms develop, need 10 day isolation and quarantine close contacts.
- After 10-day isolation, if no fever for at least 24 hours and symptoms have improved, child may return to school and/or child care.
- If symptoms develop, consider retesting. Home isolate for 10 days after symptom onset. Quarantine close contacts.


12-11-20
When Can I Send My Child to School and/or Child Care?

Answer These Two Questions Every Day Before Sending Your Child to School and/or Child Care:

1) Has your child been close to someone with COVID-19 in the last 14 days?

- Did you answer “YES” to EITHER question? Keep your child home.
- Did you answer “NO” to BOTH questions? Send your child to school/child care.

2) Is your child sick?

- If “YES” to Question 1, see Scenario 1.
- If “NO” to Question 1 but “YES” to Question 2, see Scenario 2.

Talk with your healthcare provider and/or your school about when the child may return to school/child care.
**Scenarios for Evaluating a Child Based on COVID-19 Exposure**

### Child Has Been Exposed to COVID-19

**Scenario 1**

- **The child has been close to someone with COVID-19 in the last 14 days**
  - The child must stay home.

**If child has symptoms:** Contact healthcare provider. Isolate at home for 10 days after the day symptoms start. Quarantine close contacts.*

**If no symptoms through the entire 14-day** quarantine: On Day 15 child may return to school/child care.

**Must have no fever for at least 24 hours without fever-reducing medicine and feel better before returning to class after 10-day isolation.**

### Child Has Not Been Exposed to COVID-19

**Scenario 2**

- **You already know why the child is sick, and it is not COVID-19**
  - Stay home until fever is gone for 24 hours, without the use of fever-reducing medications.

- **The child has been tested or evaluated for COVID-19**
  - **Positive test or diagnosis**
    - Isolate at home for 10 days after symptom onset (or date of positive test) and 24 hours fever-free. Quarantine close contacts.
  - **Negative**
    - Stay home until fever is gone for 24 hours, without the use of fever-reducing medications.

- **You do not know why the child is sick, and the child has not been tested for COVID-19**
  - **Exposure in last 14 days to area with ≥50 cases/100,000**
    - Isolate at home for 10 days after symptom onset and 24 hours fever-free. Quarantine close contacts.
  - **No exposure in last 14 days to area with ≥50 cases/100,000**
    - Stay home until fever is gone for 24 hours, without the use of fever-reducing medications.

*It is safest to stay home for 14 days after last exposure (or contact). If the child is not able to stay home for the full 14 days after exposure and does not have symptoms, they may leave home after Day 10 without testing or after Day 7 if a PCR or antigen test performed on or after Day 5 is negative. Count the date of last close contact as Day 0.

*Evaluation by a healthcare provider is strongly recommended for any child who is sick.*
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Clinical Evaluation for Children with COVID-19 Symptoms or Exposure


FOR HEALTHCARE PROVIDERS

APPENDIX

Symptoms Present:

Test* for COVID-19 immediately

Symptoms Not Present:

Test ~1 week after likely exposure

Isolate/quarantine at home.

In past 14 days, no known close contact** and no exposure to area with ≥50 cases/100,000 population***

Consider alternate diagnoses. Testing and exclusion for COVID-19 may be considered based on level of clinical suspicion and testing availability.

Once symptoms have improved and child has no fever for at least 24 hours without fever-reducing medicine, allow return to school/child care.

Negative for COVID-19

In past 14 days, exposure to area with ≥50 cases/100,000 population ***

Test* (and/or evaluate clinically) for COVID-19.

Isolate at home.

Positive test or diagnosis for COVID-19

Quarantine for 14 days after last exposure or isolate for 10 days after symptom onset.

Negative for COVID-19 or not tested

Home isolate for 10 days after symptom onset (or date of positive test).

Quarantine close contacts. #

In past 14 days, close contact** with person with known or suspected COVID-19

Test* for COVID-19 right away if symptoms present, or 5 days or more after likely exposure if no symptoms.

Isolate/quarantine# at home.

If no symptoms develop, child may return to school and/or child care after Day 14. If unable to stay home for the full 14 days and if no symptoms have developed, quarantine can end after Day 10 with no test or after Day 7 with a negative PCR or antigen test performed on or after Day 5.

If symptoms develop, consider retesting. Home isolate for 10 days after symptom onset. Quarantine close contacts. #

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