

OXY CDC ILLNESS & EXCLUSION PROTOCOLS DURING COVID-19 PANDEMIC

Children must be symptom-free for the past 24 hours in order to attend school.

Exception: If a child has a runny nose due to **ongoing/seasonal allergies**, the child can attend, as long as the parents provide a note from the **child's pediatrician stating that the child's runny nose is due to allergies**. We request that the family also consider with their pediatrician whether the child should be on a **daily dose of children's allergy medicine**. In this instance, please consider the child's ability to manage wearing a mask while experiencing a runny nose for a full school day, before sending your child to school. All children and staff must wear a mask while at the CDC, no exceptions.

If your child has a **runny nose only (not due to allergies)**, your child can return to school when his/her runny nose stops.

If your child has **any other symptoms related to COVID-19** (below), please consult your child's pediatrician.

- If your child's pediatrician is able to determine an alternative diagnosis, then your child can return when his/her symptoms have stopped and he/she is 48 hours fever-free (without fever-reducing medication) and 24 hours vomit- and/or diarrhea-free.
- If your child's pediatrician feels that your child's symptoms warrant a COVID-19 test:
 - If your child's test is positive, your child should remain home for a minimum of 10 days and until he/she is 48 hours fever-free (without fever-reducing medication) and symptoms have stopped.
 - If your child's test is negative, your child can return to school 72 hours after his/her symptoms have stopped.
- If your child's pediatrician is unable to confirm an alternate diagnosis and there is no COVID-19 test, (unless the symptom is runny nose only) your child should stay home for a minimum of 10 days with 48 hours fever-free (without medication).
- If you choose not to consult your child's pediatrician, please have your child stay home for a minimum of 10 days and until he/she is 48 hours fever-free (without fever-reducing medication) and symptoms have stopped.

For any **symptoms that are not COVID-19 related**, our regular Illness Policy would apply (see main Parent Handbook)

Exception: During COVID-19, we are requiring all children to be 48 hours fever-free (without fever reducing medication) – normally our policy is 24 hours fever-free.

Of particular significance are any symptoms of illness that are **new, unusual, and/or severe symptoms**, as these are the most indicative illness and contagiousness. Also significant are **combinations of symptoms** on the list, especially those listed as most indicative of COVID-19 in children: fever, sore throat, cough, diarrhea, vomiting, abdominal pain, headache.

The symptoms of COVID-19 are similar in adults and children and can look like other common illnesses like colds, strep throat, or allergies. The most common symptoms of COVID-19 in children are fever, cough, sore throat, diarrhea, vomiting, abdominal pain, headache (usually with fever), but children and adults may have any of the following sign or symptoms of COVID-19

- Fever (temperature over 100.4 degrees)
- Cough
- Shortness of breath/difficulty breathing
- Sore throat
- Abdominal pain, nausea, vomiting
- Diarrhea
- Headache
- Muscle pain/body aches
- Fatigue
- Loss of taste/smell

- Congestion or runny nose
- Poor appetite or poor feeding

Anyone demonstrating any of the above symptoms, even mild ones, are instructed to stay home until the symptoms are resolved for a minimum of 24 hours, with a minimum of 48 hours fever-free. Please note that any of the above symptoms are consistent with a variety of communicable colds and flus, not only COVID-19, and therefore should be considered contagious. In order to protect the health and immunity of all community members, it is best practice to remain home until all symptoms are resolved.

Parents should monitor for all of the symptoms above in all household members. Children will be asked to stay home if any household members are experiencing symptoms consistent with COVID-19 or respiratory illness.

Additional reasons for excluding child from child care environment

- 1) Member of household/daily cohort has symptoms consistent with COVID-19 (including respiratory illness):
 - Child should stay home until the household/daily cohort member gets COVID-19 test results.
 - If the test is negative, and the child has no symptoms, the child can return.
 - If the test is positive, the child should quarantine for 14 days.
 - If the child develops symptoms of COVID-19 during quarantine, consult your pediatrician, the child should be tested for COVID-19, and follow the illness policy noted above.
- 2) Child or member of household/daily cohort has close contact with confirmed case of COVID-19
 - Child should stay home to quarantine for 14 days.
 - A negative COVID-19 test received by the child or person exposed does not preclude a 14-day quarantine. The incubation period for COVID-19 can be up to 14 days, thereby requiring the full 14-day quarantine.
 - If the child develops symptoms of COVID-19 during quarantine, consult your pediatrician, the child should be tested for COVID-19, and follow the illness policy noted above.
- 3) Child has been in close contact with someone with a suspected case of COVID-19
 - Child should stay home until the person with a suspected case gets his/her test results back.
 - If the test is negative, the child can return.
 - If the test is positive, the child should quarantine for 14 days.
 - If the child develops symptoms of COVID-19 during quarantine, consult your pediatrician, the child should be tested for COVID-19, and follow the illness policy noted above.
- 4) Travel anywhere (domestic or international) via public transportation (airplane, train, bus):
 - If the child travels by public transportation, the child should stay out of school for 14 days after returning home.
 - If a household/daily cohort member travels by public transportation, the family can choose from these two options:
 - The person who traveled can quarantine away from the rest of the family for 14 days after returning, and the child can continue attending school. Quarantining can be done by having the person who traveled live in separate rooms of the house (no interaction of contact) or by residing in a different location (e.g. hotel).
 - If the person who travels does not quarantine away from the rest of the family, the child should stay out of school for 14 days after the household member returns from travel.
 - If the person who traveled experiences symptoms of COVID-19 during the 14-day period, follow #1 above.
 - If child develop symptoms of COVID-19 during the 14-day quarantine period, consult pediatrician, child should be tested for COVID-19, and follow illness policy noted above.

*According to the Los Angeles Department of Public Health, "While the virus may be most contagious when the infected person is clearly ill, some individuals

may infect others even when they don't have obvious symptoms or any symptoms at all. Given that risk, children who have been exposed to someone who has respiratory illness should remain home for 14 days to see if they also develop symptoms of illness. Home quarantine of an exposed child reduces the chance of spread to other children and staff. If no symptoms appear within 14 days, the child may return to the ECE site.” (<http://publichealth.lacounty.gov/media/Coronavirus/docs/education/GuidanceEarlyChildhoodEducation.pdf>)

IMPORTANT: Individuals with certain underlying health conditions can be at risk for more serious illness from COVID-19. **If your child has such an underlying condition (such as asthma), you must inform the Oxy CDC,** so that we can put a care plan in place, to protect your child's health and safety.

Exposure to COVID-19

Anyone who thinks they may have been exposed to another person with COVID-19 must self-quarantine for 14 days. You are considered to have had “close contact” with someone with COVID-19 if you were:

- Within 6 (six) feet of them for a total of 15 minutes within a 24-hour period (either in one straight period of time or through multiple brief periods that add up to 15 minutes or more)
- In contact with infected person's bodily fluids/secretions (saliva, mucus, blood, urine, fecal matter, etc.) (e.g. they sneeze or cough on you)

...within the 48 (forty-eight) hours prior to when the person first showed symptoms.

