

Oxy CDC Illness, Isolation, Quarantine & Exclusion Policy Summary
Updated: March 28, 2022

If your child has symptoms or has had close contact with a positive case of COVID, please reach directly out to Laura Drew. You will also fill out the daily health card in the Learning Genie app, but the app does not actually alert Laura (which is why the extra email or text to Laura is needed). Laura Drew manages all cases of illness and exposure, so Laura needs to be informed directly.

ILLNESS POLICY

- 1) **If your child experiences any symptoms on the list of COVID-19 symptoms** (see list of symptoms below):
 - a. **Keep your child home** (your child may not attend school until necessary conditions have been met, for the health and safety of others)
 - b. **Have your child tested for COVID-19. PCR tests are preferred for accuracy, however, **in many cases, home rapid tests may also be used**. Rapid antigen tests are more accurate when used in symptomatic individuals. **We will still be asking for PCR tests to check for presence of COVID in asymptomatic individuals** (e.g., exit quarantine), since PCR tests can detect the presence of COVID at lower viral levels. We do offer weekly PCR tests here each Wednesday, so you are welcome to take advantage of this service, if it fits the necessary timing of the testing.**
 - c. You may also wish to consult your pediatrician.

Symptoms of COVID-19:

- Fever (*100 degrees or above) or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue/lethargy
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- 2) If a COVID-19 test is warranted, **please report the test results to Laura Drew, when you get them.**
 - 3) If your child receives a **negative COVID test result**, your child can **return to school when ALL of the following conditions are met**:
 - a. Your child has been **fever-free for, at least, 48 hours** (without fever-reducing medicine) – *fever-free means at their normal temperature.*

- b. Your child feels **basically back to him/herself** except for some mild lingering cold symptoms (light congestion, mild and intermittent cough). He/she has no other symptoms of illness and is **generally feeling and functioning well**.
 - c. **Your child's cold symptoms have started to improve**.
 - d. If any lingering cough is present, it is **fairly mild and intermittent**.
 - e. Your child's runny nose is **not impacting his/her general functioning at school**:
 - The nose is not so consistently runny that it is **wetting his/her mask frequently**, necessitating changing masks several times throughout the day, and/or **having to wipe his/her nose and go wash his/her hands continually**.
 - f. ****NOTE: If you believe that your child meets all of the conditions above for returning to school, do a mask test with your child. Have your child wear a mask at home for, at least, one hour. If your child has trouble breathing with his/her mask on (stiffness) and/or your child's mucus wets the mask to the point where it needs to be changed, or your child needs to blow/wipe nose more than once or twice, before the hour is up, then your child needs to stay home for a while longer, until symptoms improve.**
- 4) **Children returning from illness (after testing negative for COVID) will need to remain masked all day (except for eating, drinking and sleeping) until symptoms are gone.**
- 5) If your child's **COVID test is positive**, your child will need to **isolate (stay home)**. **Please see isolation instructions below**.
- 6) For any symptoms that are **not COVID-19 related**, our regular Illness Policy would apply (see main Parent Handbook). The current illness policy, however, supersedes the main Parent Handbook illness policies, with regard to requiring all children to be **48 hours fever-free (without fever reducing medication)**.

7) **Seasonal Allergies**

If your child has cold-like symptoms and you believe that these symptoms are due to ongoing, seasonal allergies (e.g. you and/or your child have/has a history of allergies), you can have your pediatrician confirm that the symptoms are due to seasonal allergies, and your child can attend school with a doctor's note confirming the presence of allergies. However, we do request that, if your child is going to attend school while allergy symptoms are present, your child should be on a daily dose of children's allergy medicine (e.g. Claritin, Zyrtec). This helps children manage their day with their masks on (hard to do with a very runny nose or congestion), and it helps identify that we are not dealing with contagious cold symptoms.

ISOLATION FOR A CONFIRMED CASE OF COVID (symptomatic or asymptomatic)

- A child with a confirmed case of COVID needs to **isolate for a *minimum* of 5 days**, regardless of vaccination status and regardless of whether or not he/she has symptoms.
- The first day of symptoms or day that the sample was collected for the first positive test is Day 0.

- **Day 1 is the *first full day after* the onset of symptoms or the sample was collected for the first positive test result.**
- Children with COVID-19 can **end isolation after Day 5** and return to school **ONLY if ALL of the following criteria are met:**
 - A COVID-19 viral test collected on Day 5 or later is negative (a rapid antigen test is preferred in this particular case)
 - The child has been fever-free for, at least, 48 hours (without the use of fever-reducing medicine)
 - The child's other symptoms have completely resolved (child is symptom-free)

OR

Isolation can end after Day 10 if BOTH these criteria are met:

- The child has been fever-free for, at least, 48 hours (without the use of fever-reducing medicine)
- The child's other symptoms have completely resolved (child is symptom-free).
- **If the child exits isolation before Day 10, the child must wear a well-fitting, medical grade mask (surgical, KN95, KF94) for a total of 10 days** (since onset of symptoms or first positive test) **while at school, indoors and outdoors** (except when eating, drinking or sleeping).

QUARANTINE FOR EXPOSURE TO CONFIRMED CASE OF COVID

For **fully vaccinated** children who are **up to date on their booster shots**, or for children who have recovered from a laboratory confirmed case of COVID within the last 90 days:

- The child does not have to quarantine if he/she is exposed to a confirmed case of COVID.
- It is recommended (but not required) that the child be tested for COVID 3 to 5 days after their last exposure to the case (children recovered from COVID in last 90 days do not have to test).

For children who are **unvaccinated, not fully vaccinated**, or who are vaccinated but not up to date on their booster shots (eligible for a booster but have not yet received a booster shot):

- Single Exposure:** If the exposure to the confirmed case was an **isolated event** and there is not a continuing exposure:
 - If the child is asymptomatic, he/she may attend school, however:
 - It is requested that the child be tested for COVID as soon as possible after learning about the exposure (rapid antigen test okay).
 - The child must get a PCR test for COVID on Day 3 to 5 after last exposure** (Day 0 is day of last exposure, and Day 1 is the next full day).

- iii. The child **must wear a well-fitting, medical grade mask (surgical, KN95, KF94) for a total of 10 days** (since exposure) **while at school, indoors and outdoors** (except when eating, drinking or sleeping).
 - b. If symptoms occur, the child should immediately isolate and test (do not wait until day 5 after exposure to test if symptoms develop earlier). If positive, isolate as directed above.
- B) **Ongoing Exposure:** If the person with the confirmed case is a household member and the child has an **ongoing exposure to COVID** (or any ongoing exposure), then the child should **quarantine for a minimum of 3 days**.
 - a. It is requested that the child be tested for COVID as soon as possible after learning about the exposure (rapid antigen test okay).
 - b. In order for the child to return to school, the **child must receive a negative result from a PCR test taken on Day 3** (3rd full day after COVID case is confirmed), the child can return to school.
 - i. The child **must wear a well-fitting, medical grade mask (surgical, KN95, KF94) for a total of 10 days** (after the case was confirmed) **while at school, indoors and outdoors** (except when eating, drinking or sleeping).
 - c. If symptoms occur, the child should immediately isolate and test (do not wait until day 3 after exposure to test if symptoms develop earlier). If positive, isolate as directed above.

NOTES: In settings with active outbreaks, quarantine and isolation may be extended for additional days by LA County Public Health outbreak investigators, to help lower the risk of ongoing transmission at the site.

Travel

Domestic travel by airplane no longer requires a quarantine period, but the child should be tested for COVID with a PCR test on Day 3 to 5 after returning.

For international travel, a 5-day quarantine with PCR testing on day 3 to 5 after return is required for anyone not up to date on his/her COVID vaccinations.

Additional Reasons for Excluding Child from Child Care Environment

- A) **Household member/daily cohort member of child has symptoms of COVID-19**
 - Child should stay home until household/daily cohort member gets COVID-19 test results
 - If the test is negative, the child can return (assuming the child meets illness policy criteria).
 - If the test is positive, the quarantine instructions for children above should be followed.
- B) **A household member/daily cohort member of the child who is unvaccinated, or not up to date on vaccinations, has close contact with a person with a **confirmed case of COVID-19:****

 - a. The child should stay home.

- b. The exposed person should get tested COVID-19.
- c. If the household/cohort member tests positive for COVID, the quarantine instructions for children above should be followed.
- d. If the person tests negative, he/she should continue to monitor for symptoms and test again on Day 5 after last exposure.
- e. If the exposed person begins to exhibit symptoms of COVID-19, the quarantine instructions for children above should be followed.