

Oxy CDC Illness, Isolation, Quarantine & Exclusion Policy Summary

Updated: September 14, 2023

If your child has *any symptoms of illness* or has had close contact with a positive case of COVID, please reach directly out to Laura Drew.

The goal of the Illness Policy is to help reduce the spread of disease at the Center - to limit spreading illnesses to both children and teachers (teachers who are sick need to stay home, too). While we cannot prevent all illnesses, we may be able to reduce its incidence and severity. We are required by our Licensing Agency (Community Care Licensing) to ensure that “children with obvious symptoms of illness, including but not limited to fever and vomiting, are not accepted” into our care (Title 22 Regulations).

We have always had an Illness Policy that limits sick children from attending (very runny nose, consistent cough, fever, etc.). The necessity to manage illnesses within children, families and staff has become even more important during the COVID-19 pandemic. The Illness Policy is one important layer in our strategies to limit the spread of COVID, flu, and other illnesses. It supports a healthy learning environment for all.

This document addresses our Illness Policy as it relates to COVID-19. For our Illness Policy for other illnesses, please consult the main Parent Handbook.

Requests with Regard to our Illness Policy:

- 1) We request that you please err on the side of caution when evaluating whether your child is well enough to attend school.

- 2) If you bring your child back to school after an illness because you feel your child is ready to return to school, but you are contacted to come pick your child up, please honor the teachers’ assessment of the situation. The teachers are observing your child and how he/she is functioning at school, and if they feel that he/she is not quite ready, please trust and honor their assessment.

- 3) Each case of illness may need to be addressed individually. Please don’t hesitate to reach out to Laura Drew (via email or the Remind app), to confer about your child’s specific illness situation. Laura will work with you to determine the best next steps.

INFORMATION ABOUT COVID TESTS:

- **PCR tests are preferred for accuracy.** PCR are better at detecting the presence of COVID-19 in asymptomatic individuals.
- **At-home antigen tests may be used for symptomatic individuals, to rule out COVID-19.**
- **Testing at least 2 times on 2 separate days with rapid tests is still required for:**
 - o **Testing when exposed to a confirmed case** – should test immediately and then again on days 3 and 4 after last exposure to the person.
 - o **To exit quarantine when a child’s household member has a confirmed case of COVID-19 (3-day quarantine required)** - should rapid test on Day 3 and again the morning of Day 4, prior to return.

ILLNESS POLICY

1) **If your child experiences any of the symptoms on the list of COVID-19 symptoms** (see list of symptoms below) (including just a runny/stuffy nose):

- 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.**

You have **2 choices** for testing:

1. Get a **PCR** test (list of rapid turnaround testing sites below)

OR

2. **Administer an at-home antigen test for COVID-19 2 times, 2 days in a row.**

See information below about how to get free rapid tests through your health insurance company. We also have some test kits that we can provide to families upon request.

More than likely, when a child has cold symptoms, he/she will require more than one day out of school, in order for symptoms to improve sufficiently for him/her to return to school (see conditions for return below). Our preference is for families to keep their child home for a minimum of 2 days after the onset of symptoms, so that their child passes through the most contagious period prior to return.

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
- Itchy, watery, irritated eyes, with or without discharge

2) If your child's symptoms warrant COVID-19 testing, **please report the test results to Laura Drew.**

3) If your child receives a **negative COVID test result 2 days in a row**, 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 he/she is having to wipe his/her nose and go wash his/her hands continually, change masks frequently, and mucus is under control enough that the child is **not spreading mucus around on other surfaces** (on the toys, in the playdough, etc.),**

- 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 indoors until symptoms are gone.**

We need your help with this, in order for it to go successfully.

Please:

- a. Bring your child to school with a mask on
- b. Make it clear to your child that, while he/she has symptoms, he/she will be asked to wear a mask at school, indoors and outdoors. You can explain that it is so he/she keeps his/her cold to him/herself.

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)** prior to return to school.

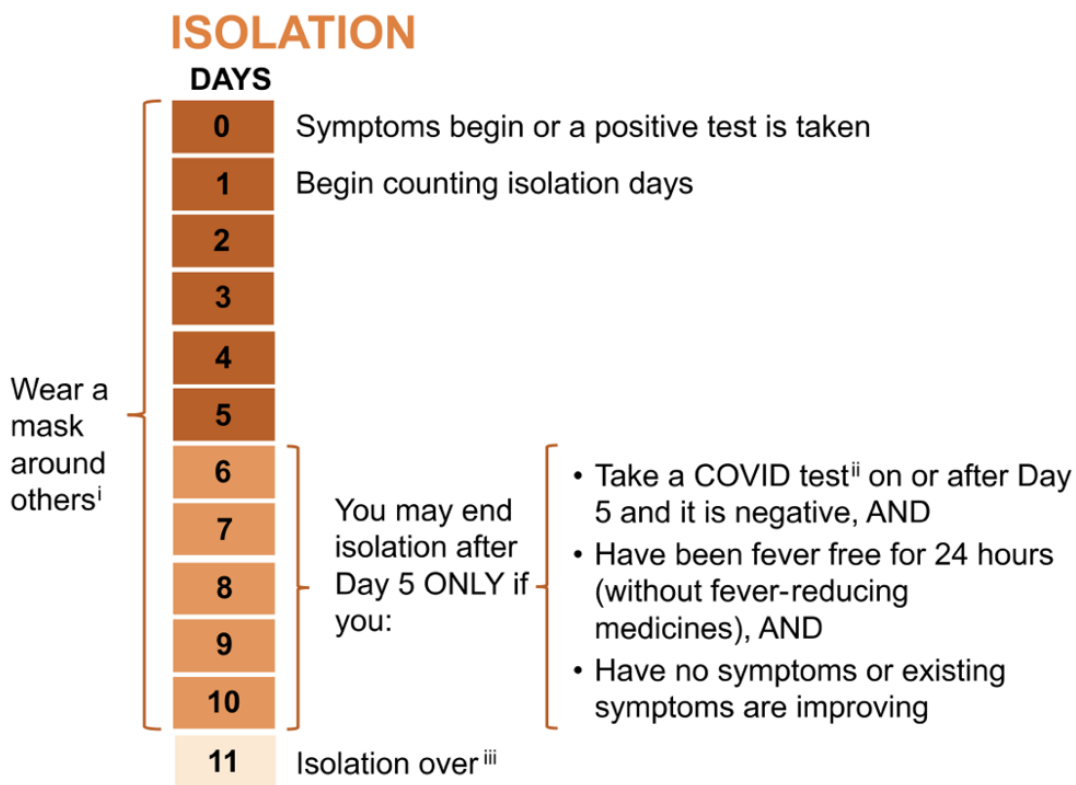
7) **Seasonal Allergies**

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 and outlining the symptoms that present when your child's allergies are active. 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 more comfortably, 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 (if asymptomatic)*.**

- Children with COVID-19 can **end isolation after Day 5** and return to school before Day 11 **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)
- The child can return on Days 6 – 10 as soon as he/she meets all of the criteria above.
- **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

A) **Single Exposure:** If the exposure to the confirmed case was an **isolated event** and there is not a continuing exposure:

- a. If the child is asymptomatic, he/she may attend school, however:
 - i. **Child should be tested COVID as soon as possible after learning about the exposure.** PCR tests are preferred, but you can also use 2 at-home, rapid antigen tests, 2 days in a row.
 - ii. **The child should 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) OR be tested with a rapid, at-home test 2 times, 2 days in a row on Days 3 and Day 4. Again, PCR tests are preferred, but you can also use 2 at-home, rapid antigen tests, 2 days in a row.
 - iii. The child **must wear a well-fitting, medical grade mask indoors (surgical, KN95, KF94) for a total of 10 days** (since exposure) **while at school**
- 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):

- a. The child **must quarantine for a minimum of 3 days**. It is requested that the child be tested for COVID as soon as possible after learning about the exposure (rapid antigen test okay) and that the results be reported to Laura Drew.
- b. In order for the child to return to school on Day 4 after the last exposure, the **child must receive a negative result from a PCR test taken on Day 3** (3rd full day after COVID case is confirmed) **or receive 2 negative test results 2 days in a row (Day 3 and Day 4)**, with at home, rapid antigen tests.
- c. The child **must wear a well-fitting, medical grade mask (surgical, KN95, KF94) for a total of 10 days** (after the case was confirmed) **indoors while at school** (except when sleeping).
- d. 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, LA County Public Health outbreak investigators may take charge of the outbreak and take additional steps to help lower the risk of ongoing transmission at the site.

Rebound Infections in Parents

If a parent who has recently recovered from COVID has a rebound infection (usually found in those who took Paxlovid), the rebound infection needs to be treated like a new infection, and the parent should start isolation protocols all over again. The child will need to follow the 3-day quarantine protocol again, as described above, as well.

Travel Protocols

If your family travels via airplane, please test everyone who traveled:

- 1) Before your child returns to school
- 2) Again on days 3 AND 4 after return from travel
- 3) An additional test on Day 5 would be appreciated, for maximum safety

If a testing day falls on a school day, please test everyone who traveled before your child comes to school that day.

PCR Testing Sites

Many insurance companies will still cover the cost of PCR COVID-19 testing. Please check with your insurance company to find out about your family's coverage, prior to scheduling a PCR test.

Premier Health Testing

<https://premiumhealth.us/locations/>

ABM Pharmacy

<https://www.abmpharmacy.com>

Walgreens

https://www.walgreens.com/findcare/covid19/testing?ban=covidtesting_LP_hero_schedule

Comprehensive Community Health Centers

<https://cchccenters.org/schedule-a-covid-test/>

Testing DX

<https://testingdx.simplybook.me/v2/#book>

COVID Clinic Rosebowl

<https://covidclinic.org/testing-locations/rose-bowl-pasadena-ca/>

How to Get COVID Tests (LA County Department of Public Health)

<http://publichealth.lacounty.gov/acd/ncorona2019/covidtests/>

http://www.publichealth.lacounty.gov/media/Coronavirus/docs/about/How_to_Get_a_COVID-19_Test.pdf

<https://www.covid.gov/tests>

How to Get Rapid Tests Through Insurance

<https://www.cms.gov/how-to-get-your-at-home-OTC-COVID-19-test-for-free>

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Simple-COVID-19-Coverage-Change.pdf>