

COVID-19 POST EXPOSURE PROCESS FOR STUDENTS



When a confirmed COVID-19 positive case is identified, a series of steps are set in motion to prevent further exposure, assess exposure risk and prepare for quarantine time and eventual return to school by the student. This document outlines the entire post exposure process.

COVID-19 STUDENT RELATED POST EXPOSURE OVERVIEW

When a confirmed COVID-19 positive student is identified, or a student having some COVID-19 like symptoms, the following actions by the school nurse (or other assigned individual) take place:

1. Initiate the contact tracing process to identify staff or students who may have been exposed.
2. Notifies the student's parent that their son/daughter was identified as having COVID-19 like symptoms or were possibly exposed to someone with COVID-19 like symptoms and to come to the school to take the son/daughter home.
3. Suggest to the parent to have their son/daughter evaluated by their healthcare provider.
4. Notify the student's school principal to make arrangements to continue their studies at home during the quarantine period.
5. Notify the Florida Department of Health (epidemiology) in Miami-Dade County at 305-470-5660
6. Monitor the student's status while on quarantine/self-isolation at home, and advise the parent to contact the school immediately if the student develops COVID-19 symptoms or have a positive test result.
7. Clears student to return to school once the student's quarantine/self-isolation period ends.

QUARANTINE GUIDELINES

- Students should not attend school if they have one of the following symptoms: Fever (temperature >100.4) measured at home or at school, chills, headache, sore throat, muscle or body aches, vomiting, diarrhea, new change or lack in sense of smell or taste, cough, shortness of breath, chest pain, or difficulty breathing. Staff should notify the school and their medical provider and tested for COVID-19. If the test is negative the medical provider can determine other causes for the symptoms.
- Students who develop COVID-19 related symptoms as described above or test positive for COVID-19 will be required to self-isolate at home for 10 days or until cleared in writing by their medical provider.
- Students who were in prolonged close contact with a confirmed COVID-19 positive individual (within 6 feet for more than 15 minutes) will be required to be quarantined at home for 14 days.

See Return to School Guidelines on the next page.

Parents with post exposure questions or concerns should contact the school nurse or the student's medical provider.

Community/Non-School-Related Exposure

Students may also be quarantined/self-isolation by their healthcare provider for community-related exposures to COVID-19 positive individuals or family members, for having COVID-19 symptoms after community exposure, or if they are awaiting results or have tested positive for COVID-19. Students should stay home and immediately report any of the above community exposure related examples to the school nurse.

NOTE TO LEADERS: If a student has been exposed to COVID-19 positive individuals, instruct them to stay home until they receive clearance to return to work by the school nurse or healthcare provider.

WHAT HAPPENS DURING QUARANTINE?

A parent of a student on quarantine should perform daily temperature/symptom checks on their son/daughter, require them to practice social distancing, self-isolate them at home, and practice hand hygiene at all times. If a student develops symptoms while on quarantine, the parent should inform the school nurse and seek medical care and COVID-19 testing as needed. The school nurse will periodically touch base with the parent(s) of quarantined students to check on their status and address any questions or concerns.

COVID-19 TESTING

If a student has COVID-19 symptoms and needs medical care, the student should contact their healthcare provider or visit a hospital ER or Urgent Care Center for treatment. The decision to test will be made by the treating healthcare provider, including the ER or Urgent Care provider. Students that want to get tested can receive free community-based testing at numerous walk-in or drive-up sites listed in the miamidade.gov or floridadisaster.org websites for a list of community-based testing sites.

NOTE: If an asymptomatic student is to be tested for COVID-19 after an exposure to a positive COVID-19 individual, they should wait at least 5 days to be tested to avoid an inaccurate test result due to early testing.

RETURN TO SCHOOL GUIDELINES

	NO SYMPTOMS	SYMPTOMATIC
CLOSE CONTACT EXPOSURE (Individual was within 6 feet of someone with confirmed COVID-19 for more than 15 minutes)	Quarantine for 14 days before returning to school. The 14 days starts after last exposure to the person. AND Student must remain symptom-free	N/A If student develops symptoms, see SICK STUDENT below. *If an alternative diagnosis is present for symptoms, student must still quarantine for 14 days after close contact exposure to the case before returning to school.
SICK STUDENT Febrile or symptomatic but not tested for COVID with an alternate diagnosis (e.g. strep, influenza – as determined by healthcare provider with documentation)	(Not Applicable)	May return to school after 24 hours of resolution of fever without fever-reducing medication
SICK STUDENT NOT TESTED No Alternate diagnosis for symptoms	(Not Applicable)	Must remain home in isolation for at least 10 days from the first day symptoms appeared AND must be fever free without medication to reduce fever AND with improvement in symptoms for at least 24 hours.
STUDENT TESTED NEGATIVE for COVID-19	May attend school EXCEPTION: With known close contact exposure, student should complete 14 day quarantine despite negative COVID test.	If no alternative explanation for illness and symptoms still present, isolate and consider repeat COVID-19 testing as per healthcare provider recommendations. If tested negative and symptoms resolved, student may return when fever free for at least 24 hours and symptom improve.
STUDENT TESTED POSITIVE for COVID-19	Isolate at home for 10 days from the day the test was taken. <i>*If student develops symptoms, isolation begins on day 1 of symptoms as stated in next column.</i>	May return to school after 10 days from the day symptoms first appeared IF: At least 24 hours fever-free without fever-reducing medication AND improvement of symptoms.

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