COVID-19 Return to Work/ School Flow Chart

KEY

↔ **Is a close contact[3].** *See Page 2.*

✚ **Tested positive for COVID-19**

● **Has symptom(s).** *See Page 2.*

▤ **Probable case** *See Page 2.*

ASSESS STAFF OR STUDENT FOR COVID-19

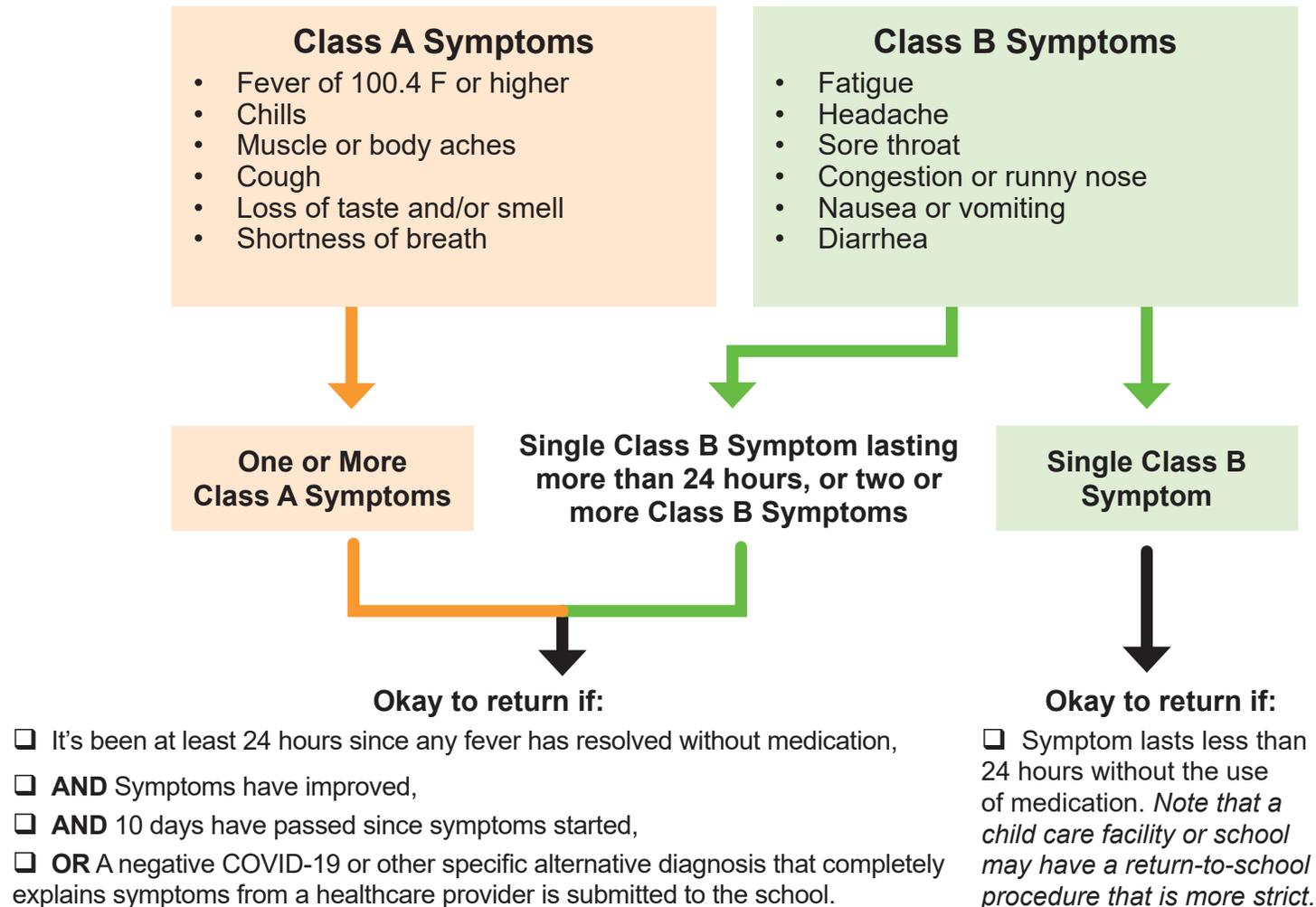|					
• **NO** symptoms • **NO** COVID-19 diagnosis • **NO** close contact of someone with COVID-19	• May be symptomatic (have symptoms) **OR** asymptomatic (no symptoms) • **Tested POSITIVE** for COVID-19	• **NO** symptoms • **Tested NEGATIVE**, awaiting test results or **HAS NOT BEEN** tested • **Close contact** of someone with COVID-19 *See guidance for fully vaccinated individuals below*	• **1 or more symptoms** for any duration • **Close contact** of someone with COVID-19 *See guidance for fully vaccinated individuals below*	• **1 or more symptoms** for any duration • Awaiting test results or **HAS NOT BEEN TESTED** • **NO close contact** of someone with COVID-19 *See guidance for fully vaccinated individuals below*	• **1 or more symptoms** for any duration • **Tested NEGATIVE** for COVID-19 or given alternative diagnosis • **NO close contact** of someone with COVID-19 *See guidance for fully vaccinated individuals below*
	✚	↔	● ▤ ↔	● ✚	●
CAN go to school	**CANNOT** go to school *(can learn remotely)*	**CANNOT** go to school *(can learn remotely)*	**CANNOT** go to school *(can learn remotely)*	**CANNOT** go to school *(can learn remotely)*	**CANNOT** go to school *(can learn remotely)*
	Can return to building **10 days after symptoms** started **AND** at least 24 hours have passed since fever resolved (without medication) **AND** symptoms have improved.	Can return to building after **following school's modified quarantine plan or quarantining for 14 days.** <u>IF</u> no symptoms develop during 14- day period. If symptoms develop, get tested or retested.	**If you meet the probable case definition**, defined on page 2, **get tested and isolate for 10 days even if the test is negative.** If you **don't** meet the probable case definition, you can return to building after **following school's modified quarantine plan or quarantining for 14 days.**	Get tested. For information about local testing locations, visit www.snohd.org/testing. If test result is **positive**, follow guidance from column #2. If test result is **negative**, follow guidance from column #3.	Can return to building **after 24 hours** have passed since fever resolved (without medication) **AND** symptoms have improved. **OR** if alternative diagnosis by health care provider, follow provider directions and isolate per condition diagnosed (whichever isolation is longer).
	*Fully vaccinated people (2 weeks after last vaccination dose) should also follow the symptom flow chart.	*Fully vaccinated people (2 weeks after last vaccination dose) do not need to quarantine after COVID-19 exposure. Watch for symptoms for 14 days and get tested 3-5 days after exposure. If symptoms develop, follow flowchart.	*Fully vaccinated people (2 weeks after last vaccination dose) should also follow the symptom flow chart.		*Fully vaccinated people (2 weeks after last vaccination dose) should also follow the symptom flow chart.

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Adapted from document of Health Officers in Clark, Cowlitz, King, Klickitat, Pacific, Skamania and Wahkiakum Counties. Updated Sept. 29, 2021.

When It's Okay to Return to Work/School

Symptomatic, but not a close contact of a confirmed COVID-19 case (regardless of vaccination status):

Class A Symptoms	Class B Symptoms
• Fever of 100.4 F or higher • Chills • Muscle or body aches • Cough • Loss of taste and/or smell • Shortness of breath	• Fatigue • Headache • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea

One or More Class A Symptoms

Single Class B Symptom lasting more than 24 hours, or two or more Class B Symptoms

Single Class B Symptom

Okay to return if:

❏ It's been at least 24 hours since any fever has resolved without medication,

❏ **AND** Symptoms have improved,

❏ **AND** 10 days have passed since symptoms started,

❏ **OR** A negative COVID-19 or other specific alternative diagnosis that completely explains symptoms from a healthcare provider is submitted to the school.

Okay to return if:

❏ Symptom lasts less than 24 hours without the use of medication. *Note that a child care facility or school may have a return-to-school procedure that is more strict.*

www.snohd.org/schools

Updated 10/15/21

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COVID-19 Return to Work/School Flow Chart Definitions

COVID-19 SYMPTOMS[2]

CLASS A	CLASS B
• Fever (100.4˚F / 38˚C or higher) • Chills • Muscle pain or body aches • Cough • Loss of taste or smell • Shortness of breath or difficulty breathing	• Fatigue • Headache • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea

[2]*That are not explained by a preexisting condition, such as asthma.*

PROBABLE CASE

A **"probable case"** includes close contacts of a molecular- or antigen-positive person, and who have developed symptoms of COVID-19 but have either not yet tested or test results are negative or not done pending.

Symptomatic contacts: Probable cases should seek testing promptly, and isolate away from others in the household until test results are back. Molecular tests are preferred for probable cases. If a negative antigen test is received, the Snohomish Health District requests that a follow-up (more sensitive) molecular or PCR test is performed to confirm the diagnosis.

If negative, further contact tracing to identify close contacts is deprioritized not needed. The student or staff member may return to school after they have completed the 10 day isolation period and symptoms have improved.

If positive for COVID-19, the school should identify any close contacts in the school environment while contagious (if any). The student or staff member may return to school after they have completed their isolation period and symptoms have improved.

CLOSE CONTACT DEFINITION[3]

"Close Contact" includes anyone in one or more of the following categories:

• Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period

• Live in the same household as a person with COVID-19

• Cared for a person with COVID-19

• Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

In a K-12 indoor classroom setting, the close contact definition excludes students who were at least 3 feet away from an infected student when

• Both students were wearing face coverings/masks AND

• Other prevention strategies were in place

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

If you've been exposed to someone with COVID-19 and you have no symptoms, Snohomish Health District recommends the following:

1. Stay in quarantine for 14 days after your last contact. **This is the safest option.**

2. If this is not possible, and your school offers a modified quarantine, stay in quarantine for 10 days after your last contact, without additional testing.

3. If the first two options are not possible, stay in quarantine for 7 full days beginning after your last contact *and* if you receive a negative test result (get tested no sooner than day 5 after your last contact). *This option depends on availability of testing resources and may not be recommended in some settings.*

* Fully vaccinated people (2 weeks after last vaccination dose) with no symptoms **do not need to quarantine** after COVID-19 exposure. Watch for symptoms for 14 days and get tested 3-5 days after exposure. If symptoms develop, follow flowchart.

Close Contacts: When to Test

Note: If negative, continue to monitor for symptoms for the full 14 days.

Vaccinated	Unvaccinated	Recovered From COVID-19 within 90 Days
3-5 days after exposure	Upon notification, and again 5-7 days after exposure	Antigen test 3-5 days after exposure

Types of Tests

- Antibody: Shows if a person has previously been infected with COVID-19. It identifies antibodies to SARS-CoV-2, the virus that causes COVID-19 illness. Antibody tests are not used to diagnose current cases of COVID-19. The CDC does not recommend using antibody testing to diagnose an active infection.

- Antigen: Binds to proteins on the surface of SARS-CoV-2, the virus that causes COVID-19. They can detect if a specific viral antigen is present, which means there is a current viral infection. Antigen tests provide a more rapid turn-around-time than molecular tests, but are less sensitive than molecular tests and can have more false negative results.

- Molecular/PCR: Amplifies bits of viral RNA so that viral infection can be detected. The most commonly used molecular test is the Reverse Transcription Polymerase-Chain Reaction, or RT-PCR. Most need to be processed in a laboratory but some are point-of-care tests with results available in about 15–45 minutes.

Picking the Right Test

There are a number of testing types and options. Know which one to use when needed.

	Antigen/Rapid Test (at home)	Antigen/Rapid Test (onsite)	Point-of-Care Molecular (PCR) Test	Lab-based Molecular (PCR) Test
Screening or Surveillance	✓	✓	✓	✓
Symptomatic Individuals	✓	✓	✓	✓
Symptomatic Close Contacts	✓ (but if negative, seek molecular/PCR testing)	✓ (but if negative, seek molecular/PCR testing)	✓	✓
Test to Stay Program	Ø	✓	✓	✓

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What's Okay During Quarantine*

Here is what a close contact can do, as long as they remain symptom-free, based on the quarantine model, testing offered and vaccination status

	Fully Vaccinated**	Standard 14-day Quarantine	7-day Quarantine + a Negative Test	10-day Quarantine	Test to Stay Program***
Attend School	✓	Ø	Yes, after 7 days and a negative test.	Yes, after 10 days.	Yes, if tested at least twice in first 7 days after exposure
Attend Childcare	✓	Ø	Yes, after 7 days and a negative test.	Yes, after 10 days.	After 7 days with at least two negative tests
Participate in Extracurricular Activities (sports, clubs, lessons, etc.)	✓	Ø	Yes, after 7 days and a negative test.	Yes, after 10 days.	After 7 days with at least two negative tests
Go to Work	✓	Ø	Yes, after 7 days and a negative test.	Yes, after 10 days.	After 7 days with at least two negative tests
Visit with Friends & Family (outside the household)	✓	Ø	After 7 (or 10) days, but recommended waiting until after 14 days.	After 7 (or 10) days, but recommended waiting until after 14 days.	After 7 (or 10) days, but recommended waiting until after 14 days.
Seek Medical Care	✓	✓	✓	✓	✓

All close contacts must continue to monitor for symptoms for the full 14 days, regardless of quarantine length. If a close contact tests positive, they must isolate at home and follow isolation guidance.

*** Fully vaccinated individuals still need to wear a mask, seek testing 3-5 days after exposure, and monitor for symptoms for the full 14 days.*

**** Test to Stay is only offered when a school/district has an approved Memorandum of Agreement in place with the Snohomish Health District, with consent from parental/guardian, the student participates in required testing, and only when the student was exposed to COVID-19 in school.*