What to do If Someone Develops Signs of COVID-19 on Campus?

If someone develops signs of COVID-19 while on campus:

1. Prior to sending affected individual to nurse for assessment, call or radio the nurse or front office to inform them of who is being sent for assessment and why
   a. Ensure affected individual is wearing a mask at all times
2. Nurse will don appropriate PPE
   a. Gown, surgical mask, face shield, gloves
3. Nurse will meet affected individual outside of the quarantine room for triage
   a. Based on vital signs and visual assessment, affected individual will either be placed in quarantine room or health room
   b. Nurse will document assessment findings
4. If deemed necessary, send affected person to designated quarantine room
   a. Ensure affected individual wears a mask at all times while waiting to go home
5. Secretary will contact custodian for cleaning assessment of area where affected individual was located
   a. If necessary, affected classroom may need to move to alternative learning environment
6. Secretary will notify building administrator
7. Nurse will call parent/guardian and request pick-up ASAP
8. Nurse will remove PPE upon exiting quarantine room
   a. Depending on symptoms and current DOH guidance, nurse will explain to parent/guardian when student can return to school and how long to quarantine
      i. Nurse will send home "What to Do if you have COVID-19 Symptoms, Was Exposed, or Diagnosed" document with affected individual (included below)
   b. Nurse will instruct parent/guardian to continue to monitor student's symptoms and to contact a local healthcare provider as needed
   c. School nurse will ask parent/guardian to inform the school if student goes in for COVID-19 testing
9. School nurse will contact District Nurse to discuss assessment findings and plan for affected individual
   a. District Nurse will contact Executive Director of Human Resources and Student Services
   b. If deemed necessary, District Nurse will contact Snohomish Health District
   c. If deemed necessary, District Nurse will work with building nurse and building secretary to conduct contact tracing
   d. Affected building will follow the directives from the Snohomish Health District, which may require the quarantine of students and staff
10. When affected individual leaves quarantine room, secretary or nurse will contact custodian to perform proper cleaning/disinfecting of area
11. Nurse will collaborate with secretary to ensure affected individual remains at home and does not come to school during required quarantine period

What to do if you Have COVID-19 Symptoms, Was Exposed to COVID-19, or Tested Positive for COVID-19?

Could I have COVID-19?

Common symptoms of COVID-19 are fever, cough, shortness of breath/difficulty breathing. Other symptoms may include chills, muscle or body aches, nausea/vomiting, diarrhea, fatigue, congestion or runny nose, headache, sore throat, and new loss of taste or smell. You might have COVID-19 if you have one or more of these symptoms.

Should I get tested for COVID-19?

The Washington Department of Health and Snohomish Health District recommend you get tested if you have symptoms of COVID-19, or if you have been exposed to someone with confirmed COVID-19. Contact your health care provider for a test.

When Can I Return to School After a <ins>Positive</ins> COVID-19 Test?

At least **10 days** have passed since symptoms first started; **AND** at least 24 hours have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath.

When Can I Return to School After a <ins>Negative</ins> COVID-19 Test?

You can return 24 hours after fever resolves and symptoms are improving.

When Can I Return to School if I <ins>DO NOT</ins> Receive a COVID-19 Test?

At least 10 days after symptom onset **AND** at least 24 hours after fever has resolved and symptoms improved.

Staff Member, Student, or Someone in the Household was in Close Contact (Exposed) to Someone With COVID-19:

Even if someone is not showing symptoms, they must still quarantine at home after being exposed to someone with COVID-19. They can return to school once it has been 14 days since last close contact and they do not display any COVID-19 like symptoms. If they develop symptoms, please contact a healthcare provider.

Staff Member, Student, or Someone in the Household was Diagnosed with COVID-19:

Even if someone is not showing symptoms, they must still quarantine at home if they are living with someone diagnosed with COVID-19. They can return to school once it has been 14 days since the last member of the household cleared their quarantine period. Contact the Snohomish Health District or your school nurse if assistance is needed in determining a safe return to school date.

When Can I Return to School?

If I Tested POSITIVE for COVID-19...

Date I First Felt Sick	Date 10 Days Later	My Other Symptoms Got Better on	My Fever was Gone on	Date 24 Hours After Fever	Circle the latest date. Stay home until:

If I have Symptoms and Tested NEGATIVE for COVID-19...

Date I First Felt Sick	My Other Symptoms Got Better on	My Fever was Gone on	Date 24 Hours After Fever	Circle the latest date. Stay home until:

If I have Symptoms and did NOT get Tested for COVID-19...

Date I First Felt Sick	Date 10 Days Later	My Other Symptoms Got Better on	My Fever was Gone on	Date 24 Hours After Fever	Circle the latest date. Stay home until:

If I or Someone in my Household was EXPOSED to COVID-19...

Last day of contact with COVID-19 person	14 days since last close contact with COVID-19 person	Do you or anyone in your household have any COVID-19 like symptoms?	Circle the latest date. Stay home until:
		YES—Remain at home and contact a healthcare provider **NO**—You may proceed with your return to school date	

If Someone in my Household was DIAGNOSED with COVID-19...

Start date of last household member's quarantine period	14 days since last household member's quarantine start date	Do you or anyone in your household have any symptoms?	Circle the latest date. Stay home until:
		YES—Remain at home and contact a healthcare provider **NO**—You may proceed with your return to school date	

Before you can return to school, you must call your Supervisor or School Nurse for authorization to return.

COVID-19 From Exposure to Feeling Better

If you were exposed to COVID-19...

1. Stay home.
2. Watch for symptoms.
   - Fever
   - Cough
   - Shortness of breath
   - Chills
   - Muscle pain
   - Headache
   - Sore throat
   - Loss of taste or smell

Symptoms appear **2 to 14 days** after exposure.

1	2	3	4	5	6	7
8	9	10	11	12	13	14

If you have COVID-19 or COVID-19 symptoms...

1. Stay home.
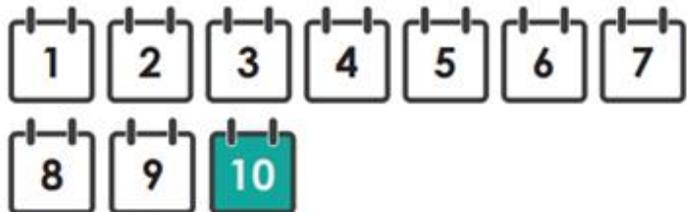2. Don't go to work or visit with others outside your home.
3. Call your doctor if you have symptoms, especially if you are over 65, have other health conditions, or are pregnant.

Stay in isolation until...

1. **24 hours** after your fever is gone without using medicine.

AND

2. **Your other symptoms have improved** (for example, cough or shortness of breath).

AND

3. **Ten days** after your symptoms started.

1	2	3	4	5	6	7
8	9	10				

How long do I have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours later:	My other symptoms got better on:	**Circle the latest date.** Stay home until:
EXAMPLE April 10	EXAMPLE April 20	EXAMPLE April 15	April 16	EXAMPLE (April 21)	EXAMPLE April 21

Visit **DOH.WA.GOV/Coronavirus** or **Coronavirus.wa.gov**, call **1-800-525-0127** and **press #** for interpreter services, or text the word **Coronavirus** to **211211** for more information.

QUARANTINE

ISOLATION

What is the difference?

If you were exposed to COVID-19 but do not have symptoms, you will be asked to **QUARANTINE**.

If you test positive for COVID-19 or have symptoms, you will be asked to **ISOLATE**.

Why?

To avoid spreading the virus before you know if you're sick.

Why?

To avoid spreading your illness.

How?

Stay home and avoid contact with anyone who is not a household member.

How?

Stay home and avoid contact with others, including household members. Stay in a separate room and use a separate bathroom, if possible.

Should I get tested?

Contact your health care provider for a test if:

- you develop COVID-19 symptoms, or
- you were in close contact with someone who has COVID-19, or
- you are exposed to many people where you live or work.

If you test positive for COVID-19 or develop symptoms during quarantine, you need to **ISOLATE.** ⟶ ⟶ ⟶

Isolation ends:

1. **At least 24 hours** after fever is gone without using medicine.

   `1`

   AND

2. **Other symptoms have improved** (for example, cough or shortness of breath).

   AND

3. **Ten days** after last contact with ill person.

Quarantine ends:

14 days after last contact with ill person.

1	2	3	4	5	6	7
8	9	10	11	12	13	14

1	2	3	4	5	6	7
8	9	10				

Environmental Cleaning After a Suspected or Confirmed Case is Identified

When a school sends a person with COVID-19 [symptoms](#) home, or learns a confirmed case of COVID-19 has been on the premises:

- Clean and disinfect the areas where the ill person spent time.
- Close off areas visited by the ill persons.
- Open outside doors and windows and use ventilating fans to increase air circulation in the area.
- Wait 24 hours, or as long as practical, before beginning cleaning and disinfection.
    - Building administrator will coordinate with Director of Human Resources and Student Services and District Nurse to determine when cleaning is to be conducted
    - Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment (like tablets, touch screens, keyboards, remote controls) used by the ill persons, focusing especially on frequently touched surfaces.
    - If it has been more than 7 days since the person with suspected/confirmed COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary.
- After cleaning and disinfection of classroom, students and staff will remain in alternative learning environment for remainder of the day, or as long as practical.

Contact Investigation, Contact Tracing, and Quarantine of Close Contacts of Confirmed COVID-19 Cases

Schools can play an important role to identify close contacts and communicate with parents and guardians.

When a school learns of a confirmed case of COVID-19 on the school premises, they should:

- School nurse will notify the District Nurse.
- District Nurse will notify Snohomish Health District of the case.
- District Nurse will contact Executive Director of Human Resources and Student Services
- Under the Direction of Snohomish Health District, District Nurse will work with building nurse, building secretary, and building administrator to conduct contact tracing
- Affected building will follow the directives from the Snohomish Health District, which may require the quarantine of students and staff
- Affected building may be required by Snohomish Health District to provide school-based close contacts of the case.
    - This includes contacts around the case from 2 days before symptoms started (or date of positive test if asymptomatic) until the time the case was no longer in school.
    - Close contacts are defined as persons who were within six feet of the confirmed case for at least 15 minutes and would include siblings at the same school, those in the same cohort, and those sitting close to the student on the bus.
- Snohomish Health District will advise close contacts, but the school should communicate to close contacts and advise the to self-monitor and quarantine for 14 days from the last exposure. Schools may use the following [DOH guidance: What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID- 19)?](#)