



## TEST OR TEN GUIDELINES

## COVID-19

### **Test or 10**

*(Excerpt from MHHS Handbook, Pg. 1)*

- If a student has key symptoms of COVID-19:

- cough
- shortness of breath / difficulty breathing
- loss of taste or smell

They must be tested for COVID-19 or evaluated by healthcare provider. If not, they must stay at home and isolate for at least 10 days.

- If a student has two or more of the following symptoms:

- fever (100.4°F/38°C or higher) or chills
- sore throat
- headache
- nausea or vomiting
- diarrhea
- fatigue
- congestion / runny nose)

They must be tested for COVID-19 or evaluated by healthcare provider. If not, they must stay at home and isolate for at least 10 days.

- Students may return to school:

- after they test negative for COVID-19 with copy of a negative test;
- or, after school receives clearance from a healthcare provider;
- and, their symptoms are improving;
- and, they are fever-free for 24 hours without the use of fever-reducing medications.

- Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or a healthcare provider provides an alternate diagnosis.

- If a student only has one of the following symptoms:

- fever (100.4°F/38°C or higher) or chills
- sore throat
- headache
- nausea or vomiting
- diarrhea
- fatigue
- congestion / runny nose)

They may return to school after symptoms improved and, they are fever-free for 24 hours without the use of fever-reducing medications. Siblings and other household contacts do not need to stay home

**Important:** A school nurse may require a healthcare provider evaluation if they suspect COVID-19 in a student with only one symptom consistent with COVID-19.



## TEST OR TEN GUIDELINES

## COVID-19

### **When to Return to School:**

*(Excerpt from MHHS Handbook, Pg. 15)*

#### ***“My child tested positive for COVID-19 but had no symptoms.”***

If your child continues to have no symptoms, they can return to school after 10 days have passed since they had a positive viral test for COVID-19. Retesting is not required and not advised. If your child develops symptoms after testing positive, contact your healthcare provider.

#### ***“My child tested positive for COVID-19 and had symptoms.”***

A child who tested positive for COVID and had symptoms can return to school 10 days after their symptoms first appeared and their symptoms have been improving and they have been fever-free for 24 hours without the use of fever-reducing medications.

#### ***“My child stayed home or was sent home because of COVID-19 symptoms.”***

If your child / children had (1) any of the more common symptoms of COVID-19:

- cough
- shortness of breath / difficulty breathing
- loss of taste or smell

Or (2) two or more of the following symptoms:

- fever (100.4°F/38°C or higher) or chills
- sore throat
- headache
- nausea or vomiting
- diarrhea
- fatigue
- congestion / runny nose)

They may return to school after they test negative for COVID-19 (with copy of a negative test) or after being evaluated by a healthcare provider and given an alternate diagnosis (with clearance from healthcare provider to return to school) – Symptoms must be improved AND child / children must be fever-free for > 24 hours w/o fever reducing medications.

If your child / children has any *one* of the following symptoms

- fever (100.4°F/38°C or higher) or chills
- sore throat
- headache
- nausea or vomiting
- diarrhea
- fatigue
- congestion / runny nose)

They may return to school after symptoms have improved and they are fever-free for 24 hours without the use of fever-reducing medications. COVID-19 testing and/or healthcare provider evaluation are not necessary unless required by a school nurse who suspects COVID-19 [Effective November 9, 2020].



# MARIN HEALTH & HUMAN SERVICES STUDENT & FAMILY HANDBOOK COVID 19 SAFETY (Tier 3)

## TEST OR TEN GUIDELINES COVID-19

### **When to Return to School:**

*(Continued – Excerpt from MHHS Handbook, Pg. 15)*

#### ***“My child or a household member was exposed to COVID-19 (at school or at home).”***

If your child or household member was exposed to COVID-19, they must stay at home and quarantine for 14 days after their last contact with the COVID positive person. Your child / children should be tested for COVID-19 five to seven days after their last exposure. They must complete a 14-day quarantine and may not return to school even if they test negative for COVID-19. Contact your healthcare provider to review isolation and quarantine orders. If your child develops symptoms during quarantine, they may not return to school until 10 days after their symptoms first appeared and their symptoms have been improving and they have been fever-free for 24 hours without the use of fever-reducing medications.

#### ***“My child was diagnosed with another illness / communicable disease.”***

Depending upon the illness, a clearance from the student’s healthcare provider may be required for return to school after illness. School Notices will be sent for other diseases (as indicated) according to the MCOE Student Health Manual. Reference: Marin County Public Health At Home Quarantine & Isolation Safety Guidance

### **Notify the School Immediately If:**

*(Excerpt from MHHS Handbook, Pg. 2)*

- Your child is being evaluated for COVID-19. They may return to school if they test negative with copy of a negative test (if no history of COVID-19 exposure)
- A household member is being evaluated for COVID-19. The household member must isolate / quarantine as appropriate.
  - Your child / children must stay home until the household member tests negative for COVID-19.
  - If the household member tests positive for COVID-19, your child / children must quarantine for 14 days from their last contact with the household member. Even if they test negative for COVID-19, they may not return to school and must complete their 14-day quarantine.
- A household member is identified as a close contact to a known COVID-19 case. They must isolate / quarantine as indicated.
- Your child has had close contact with someone who has tested positive for COVID-19. They should be tested 5 – 7 days after their last contact with the person who has COVID-19.
  - Your child must stay at home and quarantine for 14 days after their last contact with the person who has COVID-19. They may not return to school even if they test negative for COVID-19. They must complete their quarantine. More information about at-home quarantine can be found here [Marin County Public Health’s At Home Quarantine](#).

For questions about COVID-19, please call the Marin Health and Human Services phone call center at (415) 473-7191 [9:30 a.m. to noon and 1 to 5 p.m. weekdays]. Interpreter services are available.