

CHILD RETURNING TO SCHOOL FAQ

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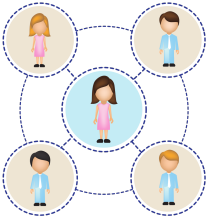


CHILD RETURNING TO SCHOOL

Does my child need a test for COVID-19 before returning to school?



- In most circumstances, the test is **NOT recommended**, and Alameda County Public Health does not require it before your child returns to school or child care.
- Other conditions must be met if your child has one of the following:
 - A diagnosis of COVID-19 and/or a positive test for SARS-CoV-2
 - Symptoms that could be due to COVID-19 OR
 - Recent (past 14 days) close contact with a person who has COVID-19 and/or a positive test for SARS-CoV-2.



DEFINITIONS:

- **SARS-CoV-2** is the virus that causes COVID-19.
- **Close Contact** means that the child or student was **within 6 feet of a COVID-19 positive person for a total of 15 minutes or longer**, EVEN IF both the child or student and the other person were wearing masks. Shorter periods that add up to 15 minutes on the same day also count. Close Contact can also mean that the child or student had a briefer but major exposure to the COVID-19 positive person's respiratory droplets. For example, the sick person coughed directly on the child or student.
- **COVID-19 Symptoms** include fever/chills, cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- A **Healthcare Provider** is a Doctor, Nurse Practitioner, or Certified Physician Assistant.



IF MY CHILD HAS A POSITIVE TEST FOR COVID-19

My child has a diagnosis of COVID-19 and/or a positive test for SARS-CoV-2. Does my child have to test negative before returning to school or child care?



- o **No, your child does not have to test negative before returning.** They can return when ALL the following are true:
 - At least 10 days have passed since the start of COVID-19 symptoms, or date of positive test if no symptoms. (The first day of symptoms is day 0.)
 - The child has had no fever for at least 24 hours, without the help of medicine AND
 - The child's symptoms have improved.

Tests can be positive for a long time after the child is no longer infectious and **repeating the test is not recommended.**

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IF MY CHILD HAS SYMPTOMS OF COVID-19

My child has symptoms that could be caused by COVID-19. Do I have to test my child for SARS-CoV-2 before they can go back to school/child care?

- **Not necessarily. ACPHD recommends testing, but does not require it, for children with COVID-19 symptoms.** You should decide whether to test your child after talking to a healthcare provider. **Parents should choose the option below that works best for them and their family.**



Option 1: When can my child go back to school/ child care if they do not get tested?

Your child can go back to school/ child care when ALL the following are true:

- At least 10 days have passed since symptoms started. (The first day of symptoms is day 0.)
- The child has had no fever for at least 24 hours, without the help of medicine
AND
- The child's symptoms have improved.



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IF MY CHILD HAS SYMPTOMS OF COVID-19

Option 2: My child's healthcare provider says my child's symptoms are not COVID-19 related. Does my child still have to be tested?

Not necessarily. The healthcare provider will decide if your child needs to be tested.

They can write a note to your school/child care.

The note from your healthcare provider

- will notify your school/child care that symptoms are not COVID-19 related and
- will tell the school when it is safe for the child to return.



Option 3: I can't keep my child home for 10 days, and my child does not have a healthcare provider (or can't get an appointment). What should I do?

While it is best to talk to a healthcare provider, your child can get a COVID-19 test (molecular/PCR test, not an antigen test) at one of the ACPHD public testing sites at: <https://covid19.acgov.org/testing.page>.

- If the result from a molecular/PCR test is negative, provide the result to the school. Then, the school/child care can allow your child back when they feel better.
- If the test result is positive, the child must remain home until they meet ALL the criteria to end home isolation:
 - At least 10 days have passed since symptoms started. (The first day of symptoms is day 0.)
 - The child has had no fever for at least 24 hours, without the help of medicine
 - AND
 - The child's symptoms have improved.

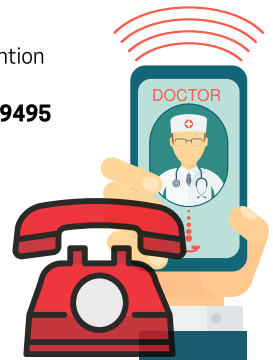


If your child needs a healthcare provider, here are some resources to call:

- Family Health Line Toll Free Number **1-888-604-4636**
 - Can help answer questions about Child Health and Disability Prevention Program (CHDP) or Medi-Cal in Alameda County
- Health Insurance Enrollment Assistance Toll Free Number **1-800-422-9495**
 - Can help with applying for free or low-cost insurance
- HealthPAC Toll Free Number **1-877-879-9633**
 - Call to see if you are eligible

Other resources:

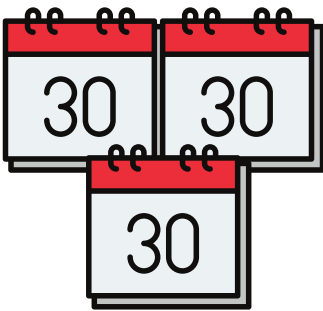
- CHDP Information Line: **1.510.567.2070**
- Resource locator website for low-cost healthcare services in Alameda County can be viewed at <http://achealthcare.org>



NEW SYMPTOMS IN A CHILD WHO PREVIOUSLY HAD COVID-19

My child recovered from COVID-19 or was positive for SARS-CoV-2 in the past. Do they need to be tested again for new symptoms that could be caused by COVID-19?

- **It depends** on how much time has passed since your child was sick or positive, and what your healthcare provider says.
- People can be reinfected. Evidence shows that reinfection can happen 90+ days after initial symptoms or positive test.
 - **If less than 90 days have passed** since the first symptoms of COVID-19 or a positive test, then reinfection is **very unlikely**. Testing for COVID-19 should only be done if your healthcare provider recommends it.
 - ACPHD does not require testing or a note from your healthcare provider to go back to school.



- **If more than 90 days have passed** since the first symptoms of COVID-19 or a positive test, then a different diagnosis should be considered, in addition to retesting. It is best to talk to your child's healthcare provider.

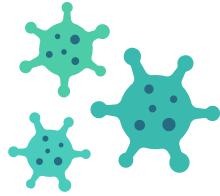


CHILD RETURNING TO SCHOOL: CLOSE CONTACT AND QUARANTINE

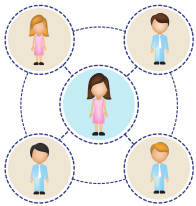
My child has been told to quarantine because of a Close Contact with someone who has COVID-19 or a positive test for SARS-CoV-2.

What is SARS-CoV-2?

SARS-CoV-2 is the virus that causes COVID-19.



What is a Close Contact?



Close Contact means that the child or student was within 6 feet of a COVID-19 positive person for a total 15 minutes or longer, EVEN IF both the child or student and the other person were wearing masks. Shorter periods that add up to 15 minutes on the same day also count.

Close Contact can also mean that the child or student had a briefer but major exposure to the COVID-19 positive person's respiratory droplets. For example, the sick person coughed directly on the child or student.

What is quarantine?

Quarantine keeps a person who was in Close Contact with someone who has COVID-19 away from others.



How many days does quarantine last?

Quarantine lasts AT LEAST 10 days, but 14 days is safer.

- If your child had a Close Contact in the past 14 days, your child should be quarantined for 14 days. This option is safest, especially if your child has regular contact with **people who are at high risk** (over 65 or underlying health conditions).
 - To see who is at risk, check the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
- If your child does not have regular contact with people at **high risk**, ACPHD allows a shorter quarantine period of 10 days.
- In all cases, the child must be quarantined for AT LEAST 10 days.



CHILD RETURNING TO SCHOOL: CLOSE CONTACT AND QUARANTINE

Should my child get tested during quarantine?



Talk with your child's healthcare provider about testing during quarantine.

If symptoms develop during quarantine, your child should get tested. Even if your child does not develop symptoms, ACPHD recommends testing for SARS-CoV-2 between 4-10 days after a Close Contact.

If your child does NOT develop symptoms, and either is not tested or the SARS-CoV-2 test is negative, they can return to school after the quarantine period ends (no sooner than day 11 following Close Contact).

If your child's test is **positive**, they can return to school or child care when **ALL** of the following are true:

- At least 10 days have passed since symptoms started. (The first day of symptoms is day 0.)
- The child has had no fever for at least 24 hours, without the help of medicine

AND

- The child's symptoms have improved.



Explanation of quarantine timeline

The last day of of Close Contact with an infected person is called "Day 0". If your child has no symptoms during quarantine and their test is negative (if tested), they can:

- Return to school on Day 11 if their quarantine period is 10 days
- Return to school on Day 15 if their quarantine period is 14 days.



For example, if your child's last Close Contact was on January 1, quarantine begins on January 2. If the child has no symptoms during quarantine and their test is negative (if tested), the last day of the child's 14-day quarantine is January 15 and they can return to school on January 16.

