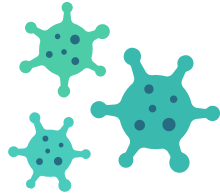# CHILD RETURNING TO SCHOOL: CLOSE CONTACT AND QUARANTINE
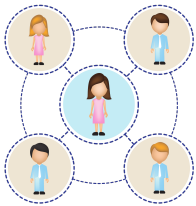
My child has been told to quarantine because of a Close Contact with someone who has COVID-19 or a positive test for SARS-CoV-2.

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-29 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.

Alameda County
Health Care Services Agency

Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

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.