

# BACK TO SCHOOL TOOLKIT



[kanehealth.com](http://kanehealth.com)

Ver. 4, 11/5/2020

# TABLE OF CONTENTS

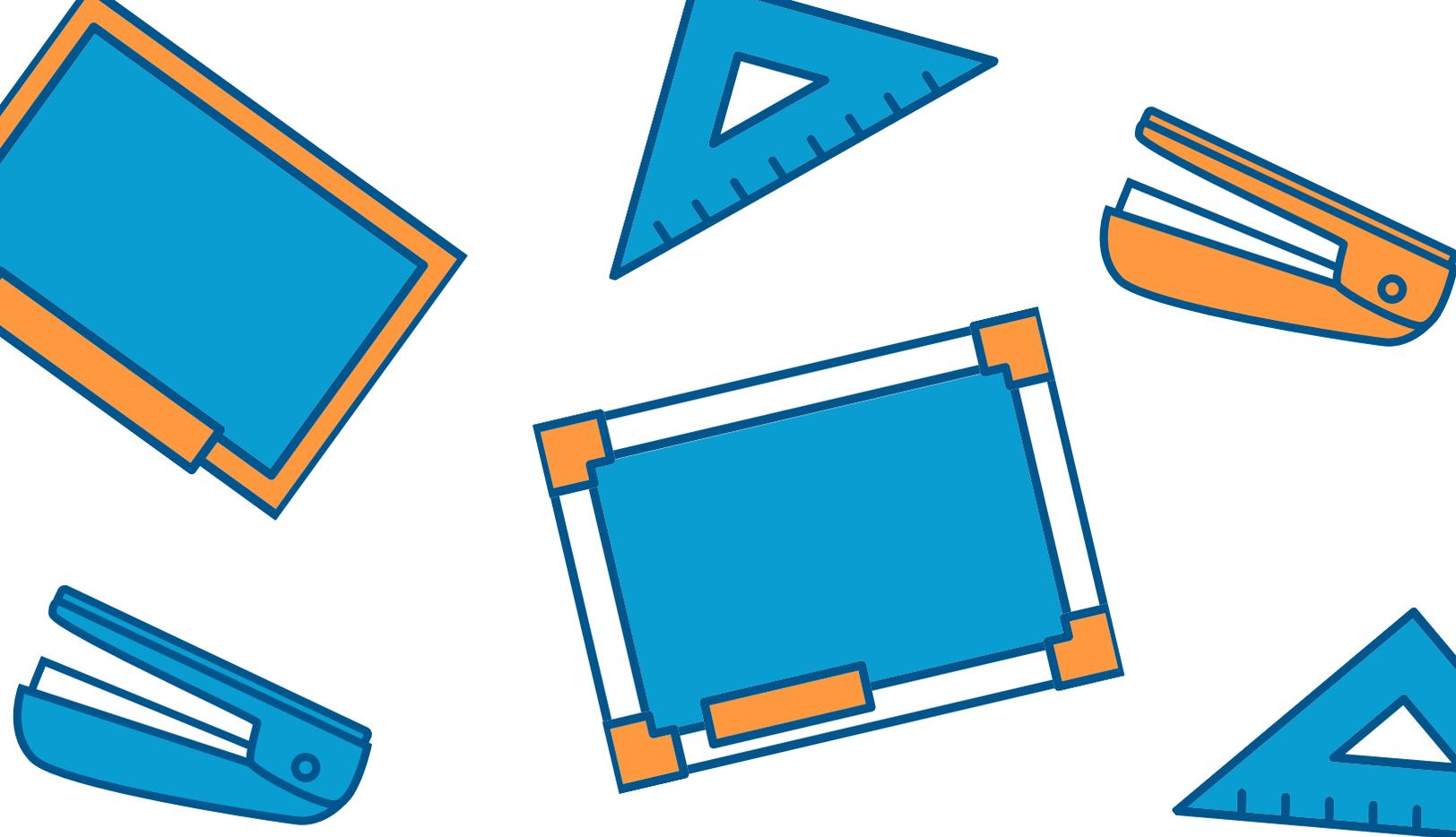
<b>Introduction .....</b>	<b>3</b>
• Introduction letter .....	4
<b>COVID-19 Fact Sheet .....</b>	<b>5</b>
• COVID-19 fact sheet: What you need to know .....	6
<b>Key Definitions and Concepts .....</b>	<b>7</b>
• Definitions and concepts related to COVID-19 .....	8-10
<b>Best Practices and Symptoms .....</b>	<b>11</b>
• COVID-19 prevention factors .....	12
• Symptoms of Coronavirus (COVID-19) .....	13
• 10 things you can do to manage your COVID-19 symptoms at home.....	14
<b>Reporting Process and Scenarios .....</b>	<b>15</b>
• Steps in reporting a case .....	16-18
• COVID-19 Scenarios: Students / Staff .....	19-21
• COVID-19 Scenarios: Household members of students .....	22
• COVID-19 Scenario: Contact / Contact, Cleaning and Disinfecting, Travel .....	23
• Items to assist with contact tracing in school.....	24
<b>IDPH School Exclusion Guidance .....</b>	<b>25</b>
• IDPH COVID-19 Exclusion Guidance Decision Tree .....	26
• Supplemental Guidance for School Nurses and Healthcare Providers .....	27
<b>Overview of Isolation and Quarantine Guidelines .....</b>	<b>28</b>
• COVID-19 Quarantine vs. Isolation .....	29
• Releasing COVID-19 cases and contacts from isolation and quarantine .....	30
<b>Additional Resources .....</b>	<b>31</b>
• Resources .....	32-33
• Contact Us .....	34

## Authors:

Apryll Elliott, M. Ed., BSN, PEL-SN  
Assistant Director for Communicable Disease  
Kane County Health Department

Jennifer L. Thorud, MPH  
COVID-19 Communicable Disease Coordinator  
Kane County Health Department

Kathy F. Zhang, MPH  
COVID-19 Communications Coordinator  
Kane County Health Department



# Introduction

# INTRODUCTION

This toolkit is designed to support all Kane County public and private schools to:

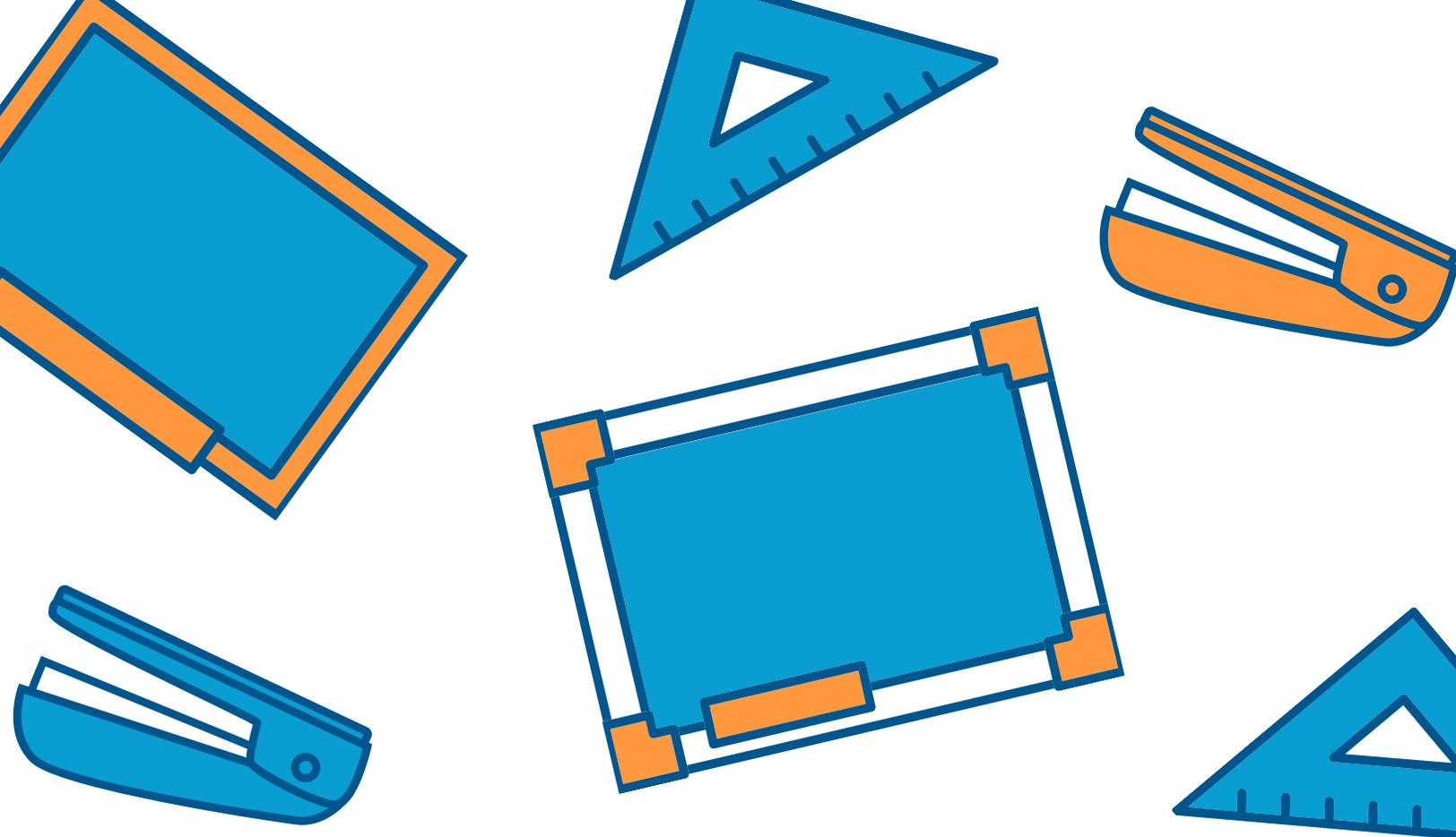
- Assist in the safer reopening of schools in Kane County for the 2020-2021 school year in accordance with the Illinois Department of Public Health (IDPH) and the Centers for Disease Control and Prevention (CDC) guidance.
- Guide the implementation of measures to reduce COVID-19 transmission in the school setting, while meeting the educational needs of all students.

**The decision to reopen school campuses for in-person instruction and remain open will depend on several factors including but not limited to:**

- Continually evolving scientific understanding of COVID-19
- Local, current COVID-19 case counts, and positivity rates
- Geographic distribution of cases
- The degree to which schools are contributing to community spread of COVID-19
- The capacity of our health system to identify and care for cases
- The availability and use of widespread testing to identify new cases
- The ability to quickly receive testing results to effectively isolate or quarantine county residents to minimize transmission in schools and the community
- The community's continued cooperation in practicing social distancing, using face coverings, staying home when sick, isolating, and taking other preventive measures as needed

This guidance will be revised based on new data regarding COVID-19 transmission and its impact on school reopening.

This document contains guidance for school personnel to understand what processes to follow to report any individuals who tested positive or have COVID-like symptoms to the Kane County Health Department (KCHD). This toolkit also provides resources to help school personnel implement state and federal guidance.



# COVID-19 Fact Sheet

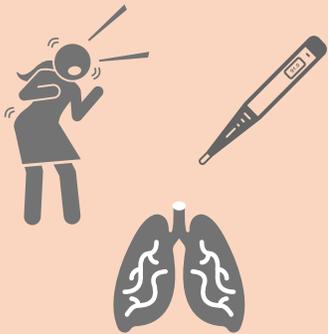
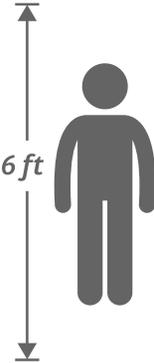
# COVID-19 FACT SHEET

What you need to know

## WHAT IS COVID-19?

- Coronavirus (COVID-19) is an illness caused by the SARS-CoV-2 virus that can spread from person to person. SARS-CoV-2 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

- One can become infected with COVID-19 by coming into close contact (about 6 feet or two arm's length for at least 15 minutes or more over a 24-hour period starting from 2 days before illness onset until the time the patient is isolated) with a person who has COVID-19. COVID-19 is primarily spread from person to person. You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks. You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## SYMPTOMS OF COVID-19

People with COVID-19 can have no symptoms, mild symptoms, or severe illness. Symptoms of COVID-19 may include:

- Fever or chills
- Cough
- Shortness of breath or Difficulty breathing
- Fatigue
- New loss of taste or smell
- Muscle or Body Aches
- Congestion or Runny Nose
- Headache
- Sore Throat
- Diarrhea
- Nausea and Vomiting

## HOW IS COVID-19 SPREAD?

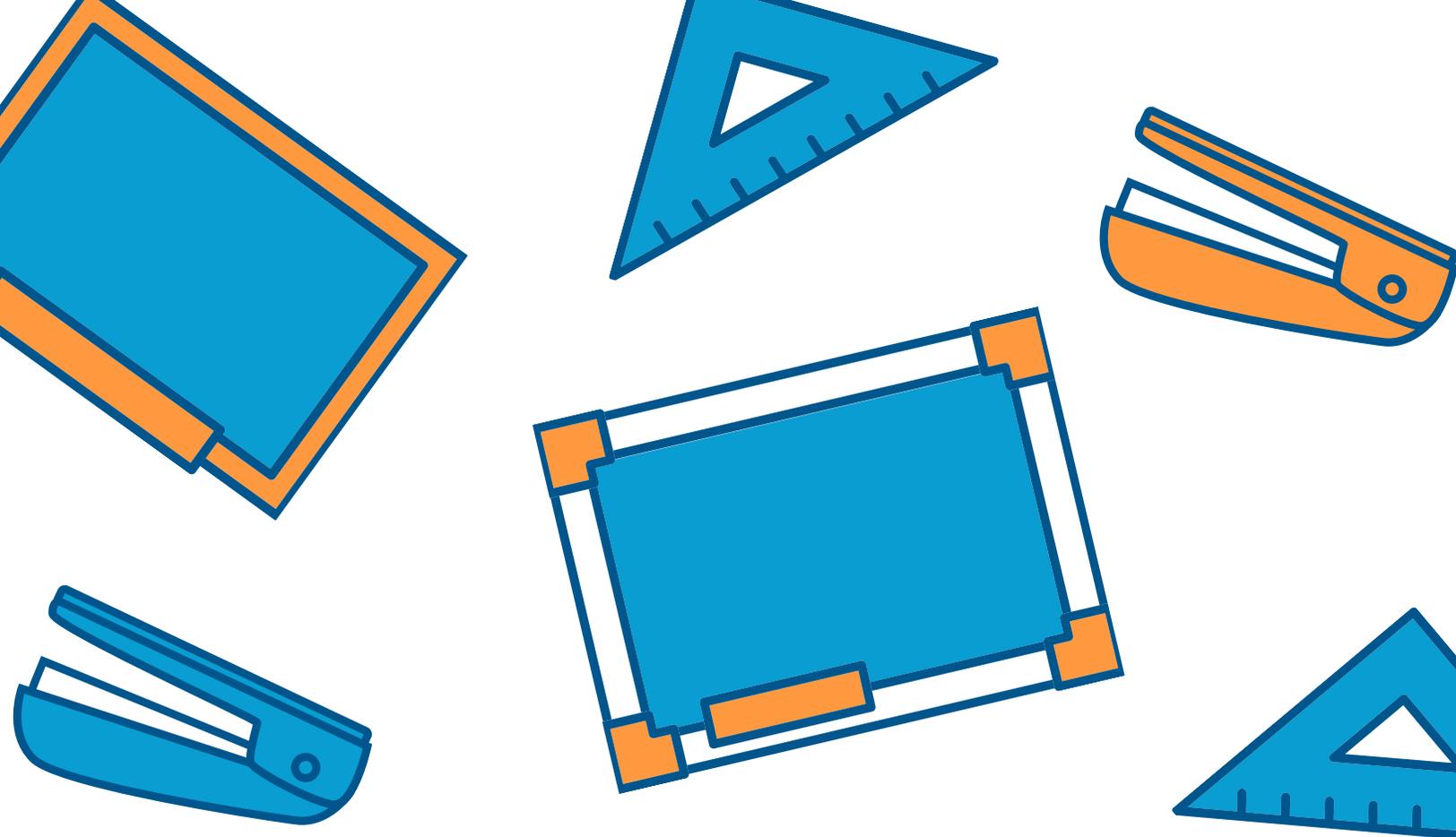
COVID-19 is thought to be spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet for at least 15 minutes or more over a 24-hour period starting from 2 days before symptom onset until the time the case is isolated).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.
- It may be possible to get COVID-19 by touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.



## HOW IS COVID-19 TREATED?

Your physician can provide guidance as to your specific situation and symptoms that you are experiencing. Following supportive care guidance, such as getting plenty of rest and staying hydrated can help relieve symptoms. There is currently no vaccine available to protect against COVID-19.



# Key Definitions and Concepts

# DEFINITIONS AND CONCEPTS RELATED TO COVID-19

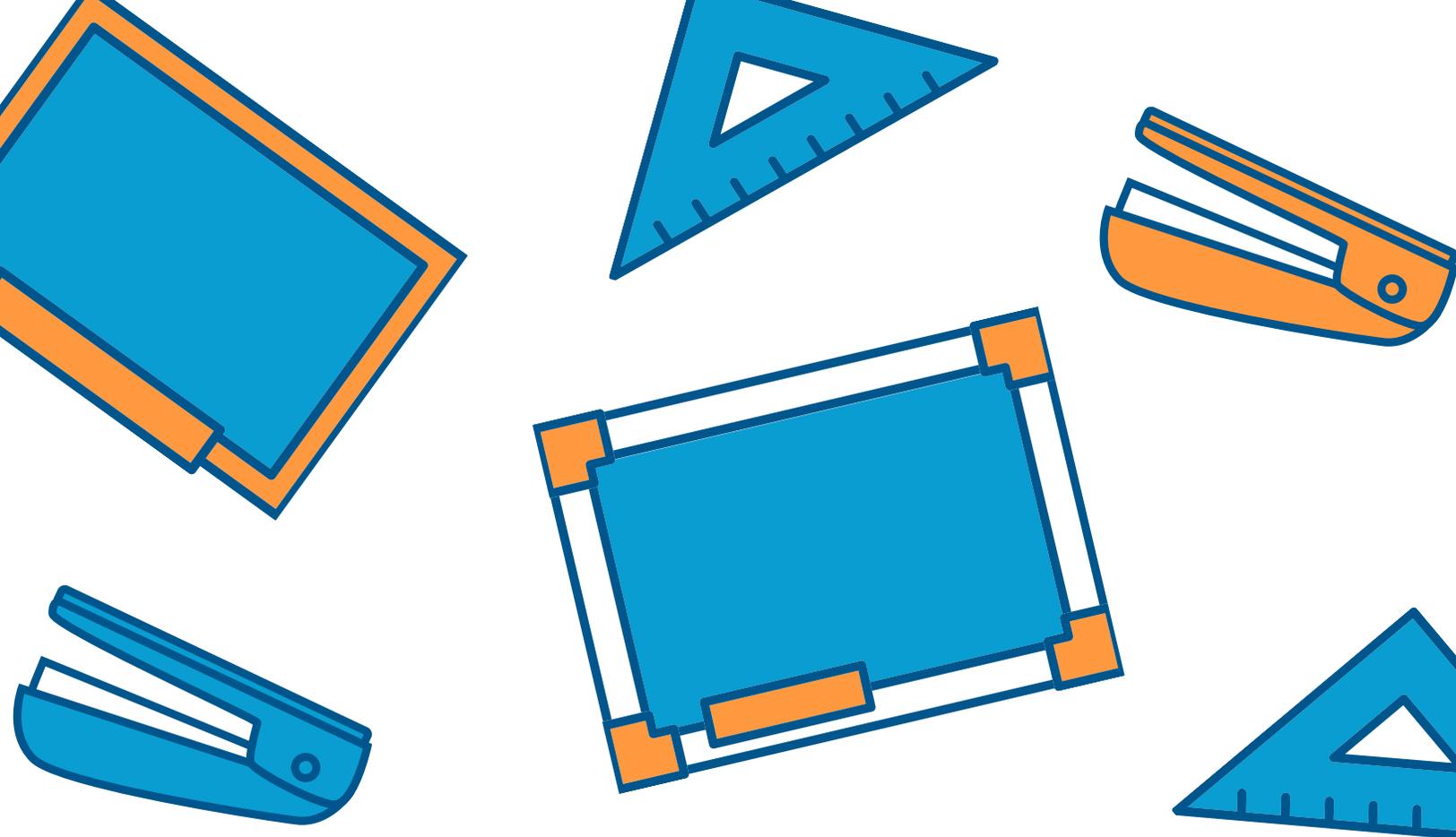
- **Asymptomatic:** An individual who does not report or appear to have any symptoms or signs of illness. To be responsible, everyone should act as if they are carriers of COVID-19. (CDC)
- **Close contact:** Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with an individual who has COVID-19.
- **Community spread:** The spread of a contagious disease to individuals in a particular geographic location who have no known contact with other infected individuals. (CDC)
- **Disease cluster:** An increased incidence of a disease occurring around the same time, and in the same geographic area. (CDC)
- **Egress:** A place or means of going out - exit. (merrian-webster.com)
- **Epidemic:** An epidemic occurs when an infectious disease spreads rapidly to many people. An epidemic is generally larger and more severe than an outbreak, but less severe than a pandemic. (APIC)
- **Face coverings:** To prevent infection, it is recommended that the nose and mouth be covered with a mask or cloth face covering. Face coverings slow the spread of COVID-19 by limiting the release of the virus into the air.
- **Handwashing guidelines:** Proper handwashing reduces the spread of COVID-19. Hands should be washed frequently with soap and water for at least 20 seconds. If soap and water are not readily available, use of a hand sanitizer that contains at least 60% alcohol is appropriate. Hand sanitizer should be applied to all surfaces of both hands and rubbed together until they feel dry. (CDC)
- **Higher risk populations:** Individuals who are at a higher risk for developing severe illness from COVID-19 include those with underlying conditions such as cancer, chronic kidney disease, lung disease, serious heart conditions, sickle cell disease, diabetes, obesity, hypertension, or those who are immunocompromised. (CDC)

# DEFINITIONS AND CONCEPTS RELATED TO COVID-19

- **Immunocompromised:** Individuals with a weakened immune system. Immunocompromised individuals “have a reduced ability to fight infections and other diseases” and are more likely to experience severe illness from COVID-19. (NIH) (CDC)
- **Incubation period:** The time from exposure to when the first symptoms develop. Recent studies have found the incubation period of COVID-19 to be 2-14 days and is most commonly around 5 days. (CDC)
- **Ingress:** The act of entering - entrance. (merriam-webster.com)
- **Isolation:** The separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order. (CDC)
- **Outbreak:**
  - **School outbreak:** Five or more individuals who are laboratory positive for SARS-CoV-2 by antigen or PCR testing AND are epidemiologically linked to the outbreak setting, have onsets of illness or positive SARS-CoV-2 test (if asymptomatic) within a 14 day period, do not share a household, and are not listed as a close contact of each other outside of the outbreak setting.
  - **Childcare Facilities / Daycare Settings outbreak:** Two or more individuals who are laboratory positive for SARS-CoV-2 by antigen or PCR testing AND are epidemiologically linked to the outbreak setting, have onsets of illness or positive SARS-CoV-2 test (if asymptomatic) within a 14 day period, do not share a household, and are not listed as a close contact of each other outside of the outbreak setting.
- **Pandemic:** A global spread of disease to several countries or continents, usually affecting a large number of people. A pandemic affects a greater geographical area and a greater number of people than an outbreak or epidemic. (WHO)

# DEFINITIONS AND CONCEPTS RELATED TO COVID-19

- **Quarantine:** The separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease. (CDC)
- **Social distancing:** The act of remaining out of crowded public places where close contact with others may occur and maintaining a distance of at least 6 feet from others. (CDC)
- **Underlying conditions:** Individuals with serious pre-existing medical conditions, as well as older adults, are more at risk of developing serious illness from COVID-19 than others. Serious underlying health conditions that make a person more at risk for developing severe illness include: chronic lung disease, moderate to severe asthma, heart disease with complications, hypertension, diabetes, BMI > 30, renal disease, liver disease, or those who are immunocompromised due to conditions such as receiving cancer treatment. (CDC)



# Best Practices and Symptoms



# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

# 10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

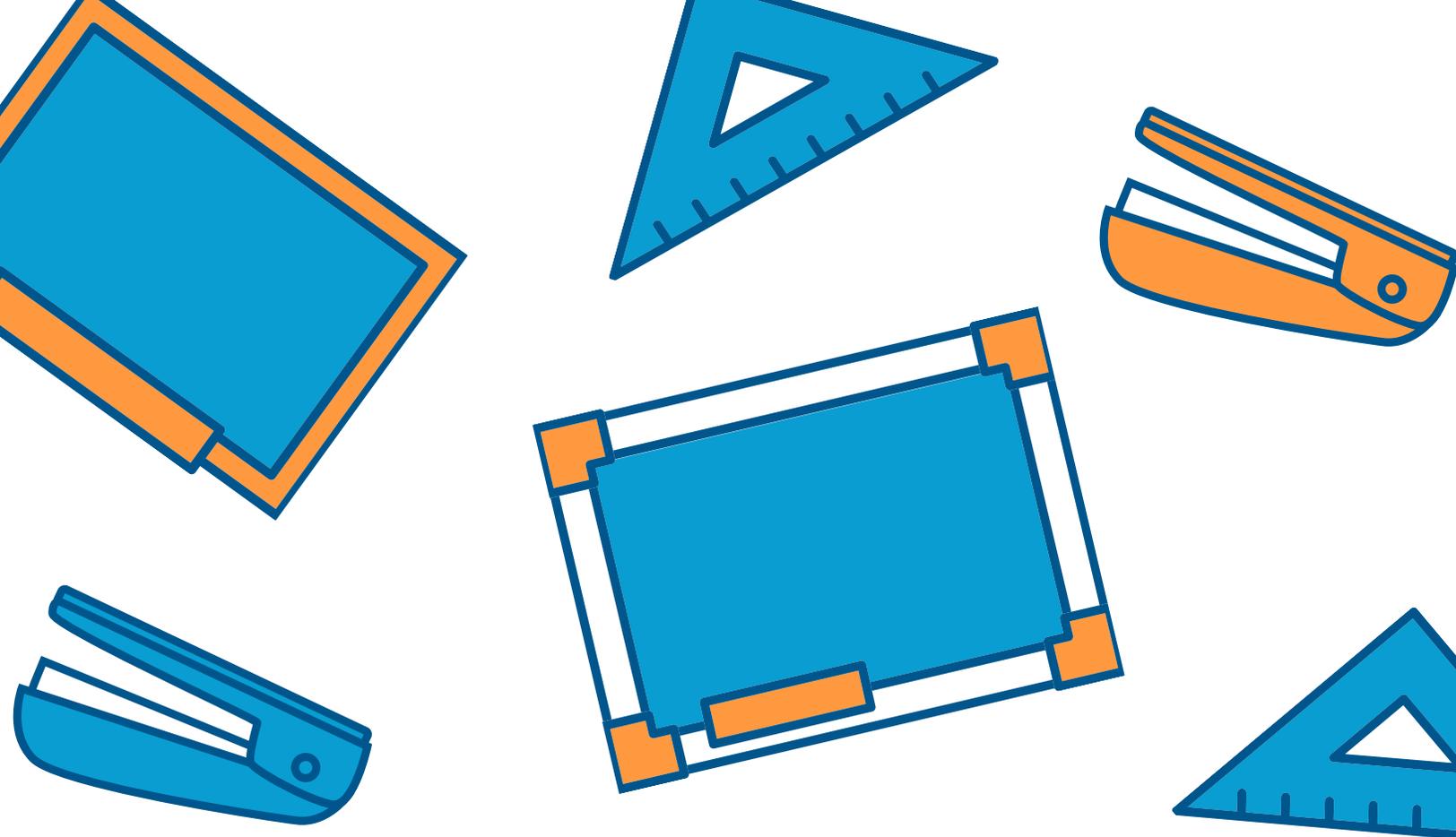


5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.





# Reporting Process and Scenarios

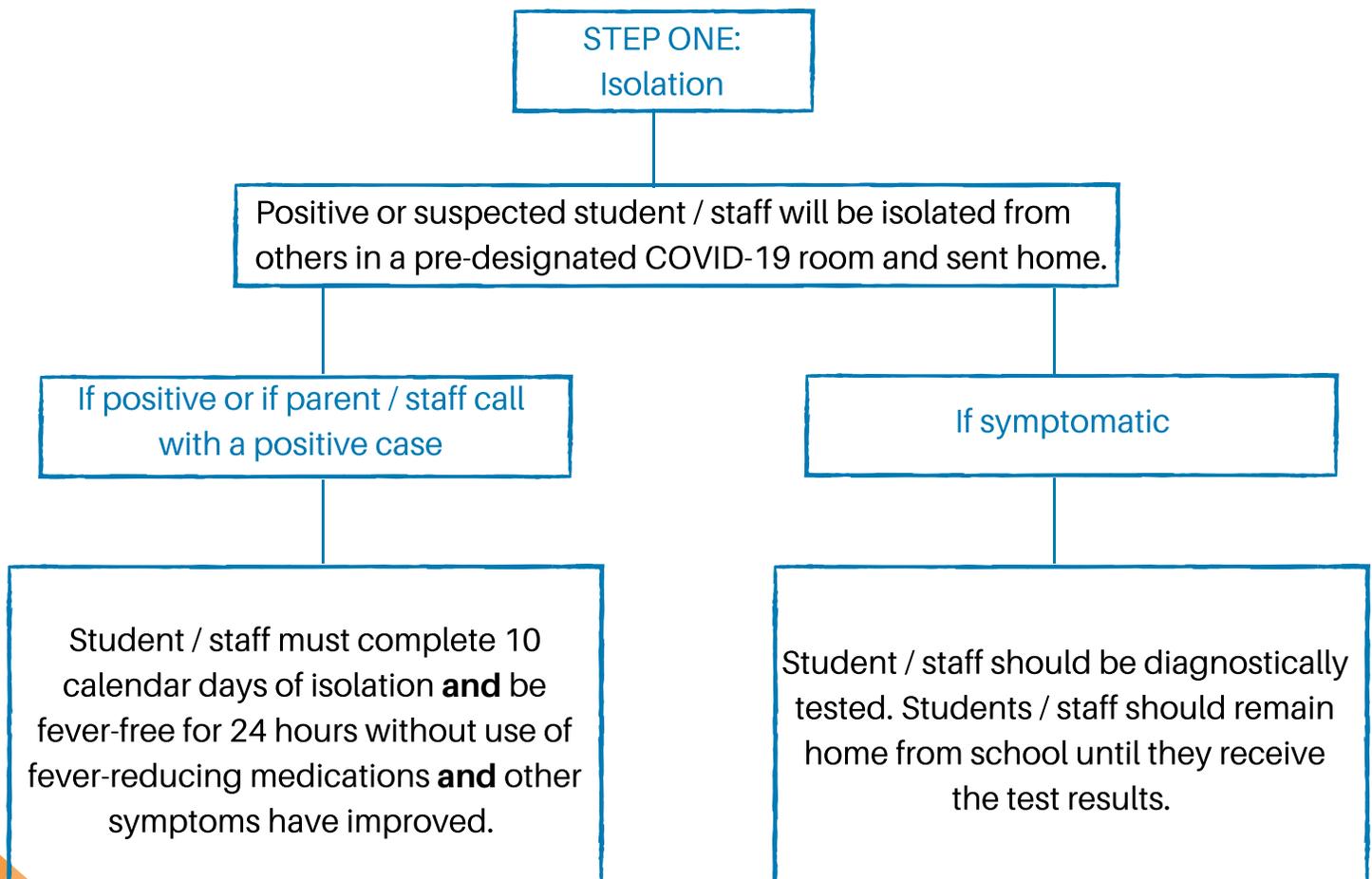
# STEPS IN REPORTING A CASE

Student or Staff Member is Positive or ill with COVID-like symptoms.

Reminder: Close Contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. (CDC)

In order to help determine the “6 feet 15 minute” scenario, an assigned seating chart for the bus and a seating chart for the classroom will assist the Kane County Health Department.

**SCHOOL ROLE:** Per our notifiable disease rule, the healthcare provider, school nurse, or principal should immediately report COVID-19 positives or suspects to the KCHD using our REDCap survey: <https://redcap.link/kaneschoolreporting>



# STEPS IN REPORTING A CASE

## STEP TWO: Report to KCHD

- The school personnel shall report the positive or suspected case using the KCHD REDCap survey:  
<https://redcap.link/kaneschoolreporting>
- Be sure to click 'Save and Return Later' and make note of the Return Code needed to be able to submit close contacts.

## STEP THREE: School communication with parents / guardians and school staff

- The school will use their existing school process to notify parents / guardians that an exposure has occurred. Confidentiality and privacy must be maintained.

## STEP FOUR: Identify close contacts to positive confirmed cases

- The school personnel will help determine who are close contacts to the positive student or staff.
- The close contacts will be sent home and should remain quarantined for 14 calendar days from the last day of exposure to the confirmed case.
- School personnel will communicate that a representative from the Kane County Health Department will be contacting them.

## STEP FIVE: Report close contacts to KCHD

- The school personnel shall report additional information on the positive or suspected case and close contacts using the KCHD REDCap survey:  
<https://redcap.link/kaneschoolreporting>
- Click "Returning?" button on top right and use Return Code to re-access your initial survey.

## STEP SIX: Cleaning and disinfecting classroom

- Thoroughly clean and disinfect per CDC guidance (see cleaning and disinfecting guidance).

## STEPS IN REPORTING A CASE

**KCHD Role:** KCHD will investigate and conduct contact tracing. Recommendations will be provided per the Illinois Department of Public Health and CDC guidelines.

**KCHD Case Investigation and Contact Tracing:** KCHD works with the school and a case to help them recall anyone with whom they have had close contact during the time when they have been infectious. KCHD begins contact tracing by notifying exposed individuals (contacts) of their potential exposure as sensitively as possible, not revealing the infected case's identity.

# COVID-19 SCENARIOS

## Scenarios: Students / Staff

**Note: Students / Staff should not go to school or any school activities or sports if positive or ill with COVID-like symptoms.**

### SCENARIOS - STUDENTS / STAFF

#### **Scenario 1: A student / staff person within the school is confirmed to have COVID-19.**

The student / staff person AND all household members of the student / staff person are immediately excluded from school.

The confirmed positive student / staff person must isolate at home. The student / staff person must be excluded from school until:

- 10 days since symptoms first appeared and
- 24 hours with no fever (without the use of fever-reducing medication) and
- Symptoms have improved

Household members, classmates, and teachers of the quarantined student / staff person who are close contacts are excluded for 14 days after their last date of close contact.

#### **Scenario 2: A student / staff person within the school is symptomatic and pending lab result for COVID-19.**

The student / staff person is excluded from school while awaiting test results. If positive, see scenario 1. If negative, the student / staff person must be symptom-free for 24 hours without the use of medications prior to returning to school. Household members, classmates, and teachers of the pending case should be monitored for symptoms while waiting for test results. If symptoms develop, they should call their medical provider to be tested for COVID-19.

#### **Scenario 3: A student / staff person within the school is a close contact to a confirmed COVID-19 case.**

The student / staff person must quarantine for 14 days since last date of close contact. Household members, classmates, and teachers of the quarantined student / staff person may continue to attend school and should monitor for symptoms. If symptoms develop, they should call their healthcare provider to be tested for COVID-19.

# COVID-19 SCENARIOS

## Scenarios: Students / Staff (cont.)

**Scenario 4: A student / staff is sent home with symptoms as determined on the COVID-19 Interim Exclusion Guidance. Student / staff has no medical evaluation and / or COVID test at the time excluded from work / school.**

Contact tracing is only conducted for a confirmed or probable case. Contact tracing is not conducted for suspect cases, however consideration may be taken to quarantine non-household staff or students when there is an egregious lack of social distance or masking. An example would be a child sat next to a suspect case on a bus without masking and rode for 30 minutes while the suspect case was coughing.

**Scenario 5: A student completed a COVID-19 test using the COVID-19 at home test kit.**

At this time IDPH does not recommend the use of the COVID-19 at home test kit for students / staff to return to school / work. At home testing kits do not permit verification of the individual being tested.

**Scenario 6: Close contact is tested and the rapid test is negative.**

Anyone identified as a close contact is to remain quarantined for 14 days from the last day of exposure. Should the close contact test negative with a rapid test, a RT-PCR is strongly recommended to be completed within 48 hours of the rapid test in order to confirm the rapid test results. Should the RT-PCR result be positive, the close contact will be viewed as a case and released per isolation criteria and contact tracing will be implemented. Should the RT-PCR result be negative, the close contact will remain under quarantine until after 14 days from the last day of exposure.

# COVID-19 SCENARIOS

## Scenarios: Students / Staff (cont.)

### **Scenario 7: A student or staff member did not hear from the health department and are in need of a release letter.**

Any school related case or close contact may contact the health department at (630) 208-3801 or send an email to [school@co.kane.il.us](mailto:school@co.kane.il.us) to inquire of their release to return to work/school.

### **Scenario 8: School received a report of a laboratory positive SARS-CoV-2 staff member or student.**

Please see pages 16-18 on the toolkit on how to report a case.

# COVID-19 SCENARIOS

## Scenarios: Household members of students

### SCENARIOS - HOUSEHOLD MEMBERS OF STUDENTS

#### **Scenario 1: Household member of a student within the school has been confirmed to have COVID-19.**

Students who live in the same house as the COVID-19 positive person are excluded from school while the household member is in isolation (10 days). The student must quarantine for 14 days after the last date of close contact.

#### **Scenario 2: Household member of a student within the school is symptomatic, pending results, and has had close contact with a known case.**

Students who live in the same household of the family member are excluded from school while awaiting test results. If the household member is positive, see scenario 1. If the household member is negative, student can return to school.

#### **Scenario 3: Household member of a student within the school has had close contact to a known case of COVID-19.**

Student can remain in school but should be monitored. If COVID-19 symptoms develop in the household member, students should be excluded from school, and should be treated as in Scenario 1 pending results.

# COVID-19 SCENARIOS

## Scenario: Contact to Contact

### SCENARIO - CONTACT TO CONTACT

**Scenario 1: A student / staff member is identified as a close contact and had contact with another person not exposed to a confirmed case.**

The student / staff person exposed to a know case must quarantine for 14 days since the last date of close contact. A student / staff person not exposed to a known case is not considered a close contact.

## Scenario: Cleaning and Disinfecting

### SCENARIO - CLEANING AND DISINFECTING

**Scenario 1: Students at the secondary level may be able to assist with cleaning and disinfecting within the classroom setting.**

Students at the secondary level may assist with cleaning and disinfecting within the classroom setting with parental/legal guardian permission. Guidance related to cleaning and disinfecting for schools is to be followed Center for Disease Control and Prevention, along with product label instructions.

## Scenario: Travel

### SCENARIO - TRAVEL

**Scenario 1: Families are planning to travel outside of Illinois and are unsure to quarantine.**

There is widespread, ongoing transmission of novel coronavirus worldwide. Anyone who has traveled internationally or domestically where COVID-19 transmission is high or increasing should stay home and monitor their health for 14 calendar days. The CDC updated COVID-19 Travel Recommendations by Destination on August 25, 2020. Click [here](#) to link to this page to identify countries with high transmission for which 14-day quarantine would be recommended. Information on domestic travel can be found [here](#). Please see addition information in the IDPH FAQ for Schools [here](#).

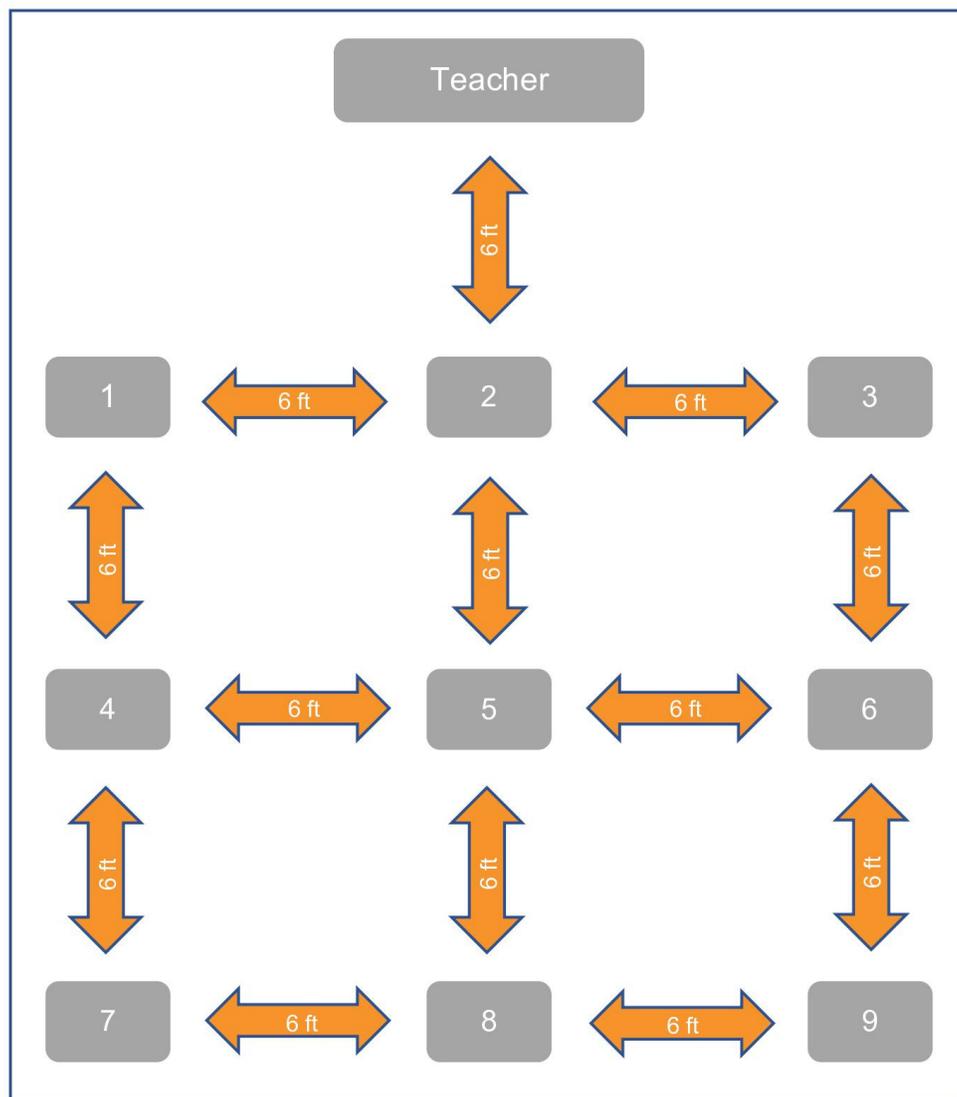
# ITEMS TO ASSIST WITH CONTACT TRACING IN SCHOOL

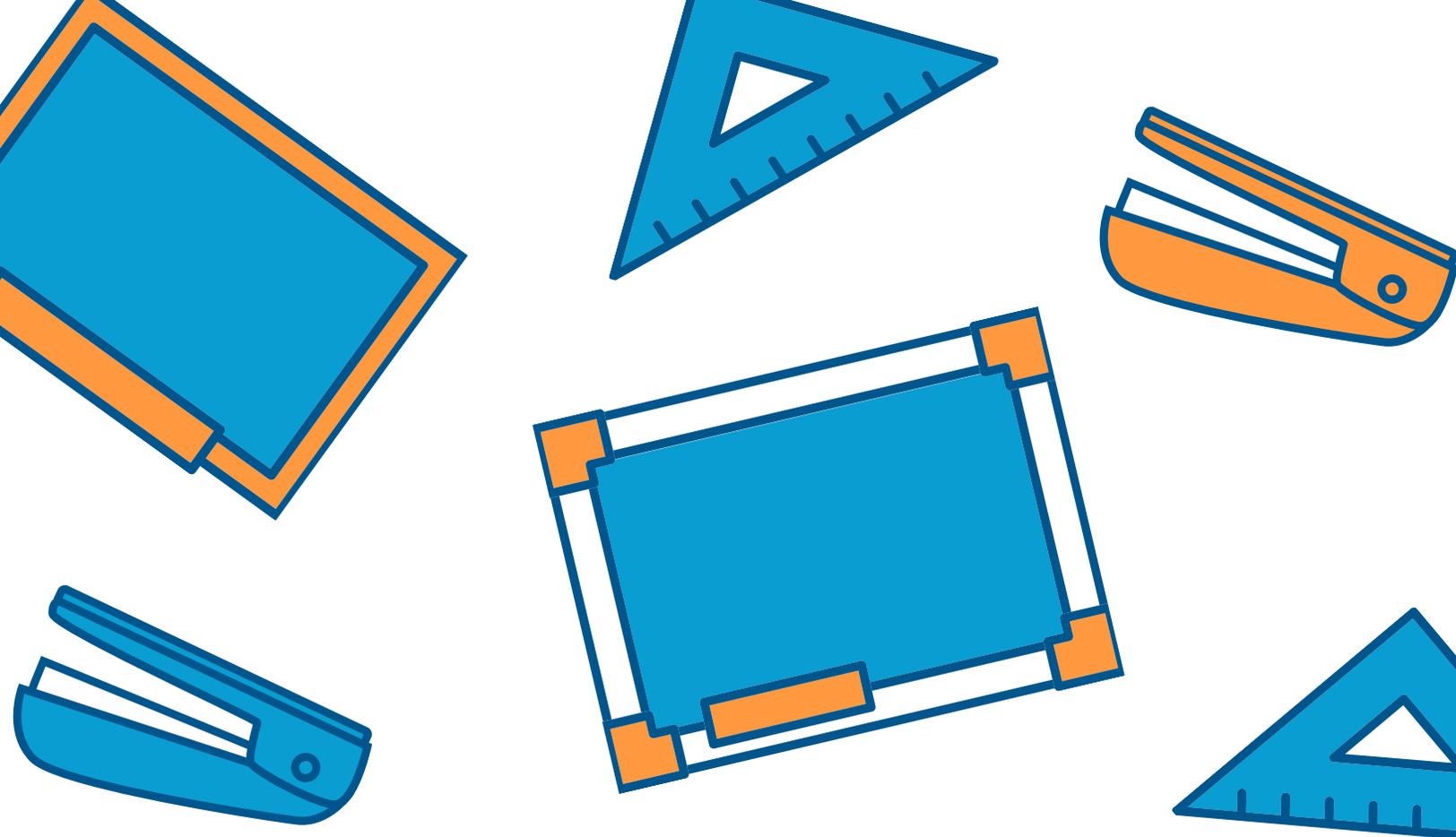
School Schedule (if not in one class)

Classroom(s) Seating Chart

Bus Seating Chart

Lunchroom (if not in classroom)





IDPH School  
Exclusion  
Guidance

# COVID-19 INTERIM EXCLUSION GUIDANCE<sup>1</sup>

## Decision Tree for Symptomatic Individuals in Pre-K, K-12 Schools and Day Care Programs



Send home or deny entry (and provide remote instruction) if ANY of the following symptoms<sup>2</sup> are present: Fever (100.4°F or higher), new onset of moderate to severe headache, shortness of breath, new cough, sore throat, vomiting, diarrhea, abdominal pain from unknown cause, new congestion/runny nose, new loss of sense of taste or smell, nausea, fatigue from unknown cause, muscle or body aches.

**Medical Evaluation and Testing are Strongly Recommended for ALL Persons with COVID-Like Symptoms.**

Status	A. COVID-19 diagnostic test Positive (confirmed case) OR COVID-like symptoms without COVID-19 testing and exposed to confirmed case (probable case)	B. Symptomatic individual with a negative COVID-19 diagnostic test <i>Negative COVID-19 diagnostic tests are valid only for the date on which they are collected; specimens collected 48 hours prior to symptom onset, after symptom onset, or while symptoms are present are acceptable for determining school exclusion status.</i>	C. Symptomatic individual with an alternative diagnosis without negative COVID-19 diagnostic test	D. Symptomatic individual without diagnostic testing or clinical evaluation <i>Individuals may move to Columns A, B, or C based on results of diagnostic testing and/or clinical evaluation.</i>	E. Asymptomatic individual who is a close contact <sup>6</sup> to a confirmed or probable COVID-19 case
Evaluated by Healthcare Provider	YES / NO	YES / NO	YES	NO	NA
Return to School Guidance	<u>Stay home</u> at least ten <sup>3</sup> calendar days from onset of symptoms <b>AND</b> for 24 hours with no fever (without fever-reducing medication) <b>AND</b> improvement of symptoms.	<u>Stay home</u> until symptoms have improved/resolved per return-to-school criteria for diagnosed condition <sup>4</sup> . Follow provider directions, recommended treatment & return to school guidance as per school policies and <a href="#">IDPH Communicable Diseases in Schools</a> .	<u>Stay home</u> until symptoms have improved/resolved per return-to-school criteria for diagnosed condition <sup>4</sup> . Follow provider directions, recommended treatment & return to school guidance as per school policies and <a href="#">IDPH Communicable Diseases in Schools</a> .	<u>Stay home</u> at least ten <sup>3</sup> calendar days from onset of symptoms <b>AND</b> for 24 hours with no fever (without fever-reducing medication) <b>AND</b> improvement of symptoms.	Stay home for 14 calendar days after last exposure to the COVID-19 case. <i>If COVID-19 illness develops, use the ten-day isolation period<sup>3</sup> guidance for a COVID-19 case from the onset date. Testing is recommended.</i>
Quarantine for Close Contacts?	YES	NO	NO	Household Member (e.g., Siblings, Parent) <sup>5</sup>	NA
Documentation Required to Return to School	Release from Isolation letter (if received from their LHD) provided by the parent/guardian or staff person, notification via phone, secure email or fax from the LHD to the school, OR other process implemented by your LHD	If staff/student is a close contact to a confirmed case, the school is experiencing an outbreak, or the LHD is requiring validation due to community transmission levels, documentation of a negative RT-PCR COVID-19 test result is needed. In other situations, a negative RT-PCR, rapid molecular (rapid PCR) or negative antigen test is acceptable.	If testing is not performed due to the clinical judgment of the healthcare provider, a medical note is needed to return to school/day care documenting that there is no clinical suspicion for COVID-19 infection and indicate an alternative diagnosis with exclusion consistent with this diagnosis	After the ten-day exclusion, a note from parent/guardian documenting that the ill student and/or household contacts are afebrile without fever-reducing medication and symptoms have improved	Release from Quarantine letter (if received from their LHD) provided by the parent/guardian or staff member, LHD notification via phone, secure email or fax to the school OR other process implemented by your LHD

1 Based on available data and science, schools must make local decisions informed by local context in consultation with their local public health department. This chart should be used in conjunction with the [Public Health Interim Guidance for Pre-K-12 Schools and Day Care Programs<sup>1</sup> for Addressing COVID-19](#).

2 New onset of a symptom not attributed to allergies or a pre-existing condition.

3 Severely immunocompromised or severely ill: may need to isolate for 20 days as per guidance from the individual's infectious disease physician.

4 If the individual has been identified by public health for quarantine or knows they are a close contact to a case, the 14-calendar-day quarantine must be completed.

5 Consider quarantine for other close contacts if there was poor adherence to social distancing or use of face coverings.

6 Contacts to close contacts of a case do not need to be excluded unless the close contact becomes a confirmed or probable case.

## Box A. Assessment of Symptomatic Persons

Consider the following when assessing symptomatic students/staff:

Are symptoms new to the student/staff person or are they a change in baseline for that individual?

*Does the symptomatic individual have any of the following potential exposure risks?*

Did the student/staff have an exposure to a suspected or confirmed COVID-19 case in the past 14 days?

Is there a household or other close contact with similar symptoms who has not been yet classified as a confirmed or probable case?

Is there a household member or other close contact with high-exposure risk occupation or activities (e.g. HCW, correctional worker, other congregate living setting worker or visitor)?

Did the student/staff member have potential exposure due to out-of-school activities (private parties, playing with friend groups, etc.) or have poor compliance with mask wearing and social distancing?

Do they live in an area of moderate or high community transmission? (as defined in the [Adaptive Pause Metrics guidance](#)<sup>1</sup>)

Do they have a history of travel to an area of high transmission in previous 14 days?

Is there an outbreak in the school or has there been another known case of COVID-19 in the school building in the last 14 days or are there other students or staff in the classroom or cohort currently out with COVID-19 symptoms?

## Box B. Clinical Evaluation for Children with Symptoms of COVID-19

(<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>)

Consider the individual's risk of exposure. See Box A.

**No** Exposure Risk Identified & resides in County with Minimal County Transmission<sup>1</sup>

If no known close contact to COVID-19 case and no other exposure risks, testing and exclusion for COVID-19 may be considered based on level of clinical suspicion and testing availability.

Alternate diagnoses should be considered, and exclusions based on usual practice. (Isolate until at least 24 hours fever-free without fever-reducing medicine)

Has Exposure Risk and/or Clinical Suspicion for COVID-19

Isolation  
COVID-19 Testing Recommended

### TESTING

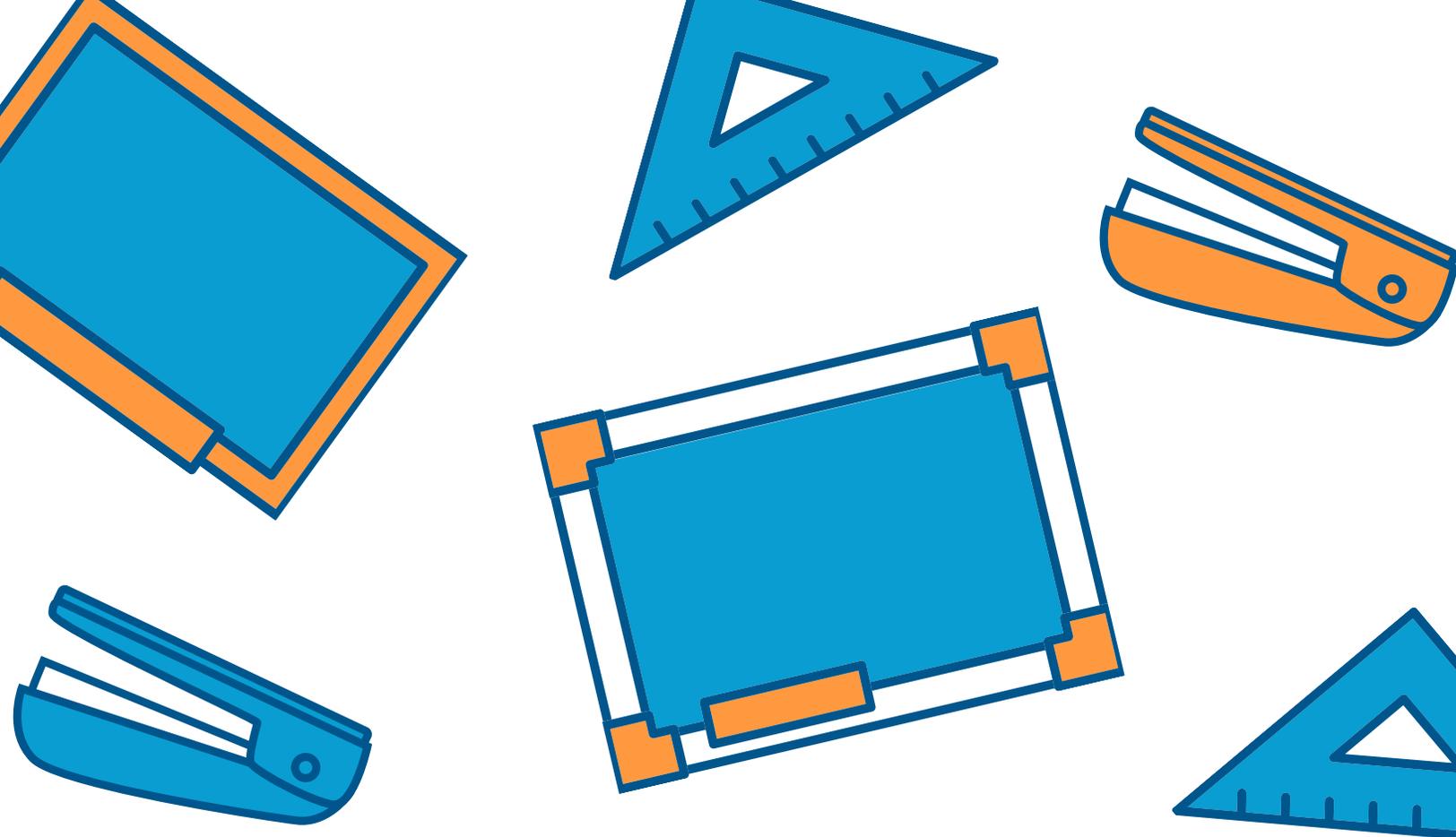
PCR or antigen (Ag) testing is acceptable.

- If an Ag detection test is negative and there is a high clinical suspicion of COVID-19, confirm with PCR) (see Column B, pg. 1), ideally within 2 days of the initial Ag test.
- If RT-PCR testing is not available, clinical discretion can be used to recommend isolation. Test result is only valid for the day of specimen collection.

<sup>1</sup> Adaptive Pause and Metrics: Interim School Guidance for Local Health Departments. Available at <https://www.isbe.net/Documents/IDPH-Adaptive-Pause-Metrics.pdf> and CDC Indicators for Dynamic School Decision-Making available at <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/indicators.html#thresholds>

**Resources:**

- COVID-19 Testing Overview <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
- Isolation and Quarantine: CDC <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>



# Overview of Isolation and Quarantine Guidelines

# COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



**If you had close contact with a person who has COVID-19**



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



**If you are sick and think or know you have COVID-19**



- Stay home until after
  - At least 10 days since symptoms first appeared **and**
  - At least 24 hours with no fever without fever-reducing medication **and**
  - Symptoms have improved



**If you tested positive for COVID-19 but do not have symptoms**



- Stay home until after
  - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



## CASES

Must be isolated for a minimum of 10 days\* after symptom onset (or specimen collection date if asymptomatic) and can be released when the following criteria are met:

- Case is afebrile (without fever-reducing medication) for at least 24 hours **and** with improvement of COVID-19 symptoms

### Time-based Strategy for Release from Isolation



*Date of symptom onset or specimen collection date (if asymptomatic) is counted as Day 0.*

### OR

- Case has 2 negative COVID-19 PCR tests in a row, with specimens collected and testing done at least 24 hours apart  
*A test-based strategy is no longer recommended in the majority of cases. Consult with infectious disease physician.*

\*A limited number of persons with severe illness or who are severely immunosuppressed may produce replication-competent virus beyond 10 days; this may warrant extending duration of isolation and precautions for **up to 20 days after symptom onset or first positive test (if no symptoms)**.  
Consult with the infectious disease physician.

For hospitalized cases and discontinuing transmission-based precautions, see:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

#### References

- **Isolation:** <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>
- **Quarantine:** <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

## CLOSE CONTACTS<sup>1</sup>

- Must be quarantined for 14 days after the last/most recent contact with the case when the case was infectious.
- If a close contact develops symptoms, they should follow isolation rules for cases.

Contact Scenario	Quarantine Period
<ul style="list-style-type: none"> <li>• Has close contact with someone who has COVID-19 and will not have further close contact</li> </ul>	<ul style="list-style-type: none"> <li>• 14 days from the date of last close contact</li> </ul>
<ul style="list-style-type: none"> <li>• Has close contact with someone who has COVID-19 and lives with the case but can avoid further close contact</li> </ul>	<ul style="list-style-type: none"> <li>• 14 days from when the person with COVID-19 began home isolation away from other members of the household</li> </ul>
<ul style="list-style-type: none"> <li>• Is under quarantine and had additional close contact with someone else who has COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>• Restart quarantine from the last day close contact occurred with anyone who has COVID-19. Any time a new household member gets sick with COVID-19 and close contact occurs, quarantine will need to be restarted.</li> </ul>
<ul style="list-style-type: none"> <li>• Lives with someone who has COVID-19 and cannot avoid continued close contact (e.g., shared kitchen/bathroom)</li> </ul>	<ul style="list-style-type: none"> <li>• Quarantine for 14 days after the person who has COVID-19 meets the <u>criteria to end home isolation</u> (see Cases information).</li> </ul>
<ul style="list-style-type: none"> <li>• Was previously diagnosed with COVID-19 but did not undergo SARS-CoV-2 testing and is now a close contact to a confirmed COVID-19 case</li> </ul>	<ul style="list-style-type: none"> <li>• Quarantine for 14 days from the date of last close contact to the COVID-19 case. <u>Antibody testing results are not considered</u> when determining quarantine status.</li> </ul>

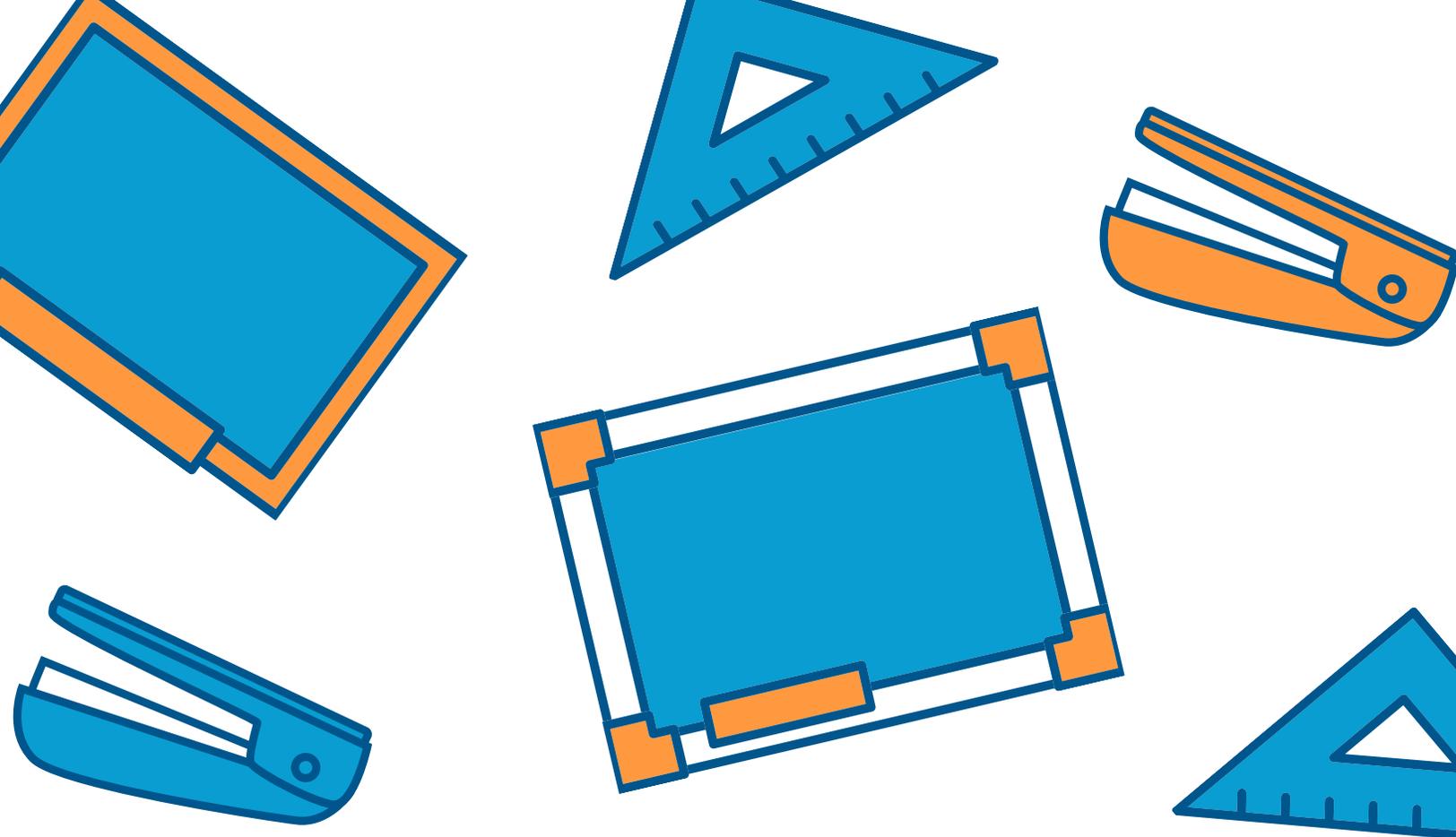
<sup>1</sup> For COVID-19, a close contact is defined as being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the case is isolated. For additional information, see <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

#### **Guidance for Healthcare Worker Contacts:**

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>

#### **Guidance for Critical Workers in Essential Infrastructure:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>



# Additional Resources

# RESOURCES

## **CDC COVID Data Tracker:**

- [https://covid.cdc.gov/covid-data-tracker/#cases\\_casesper100klast7days](https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days)

## **CDC Print Resources for Schools:**

- <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Audience=Schools>

## **Cleaning, Disinfection, and Hand Hygiene in Schools:**

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/clean-disinfect-hygiene.html>

## **Cleaning and Disinfecting Public Spaces for COVID-19:**

- <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>

## **Coronavirus Testing Basics:**

- <https://www.fda.gov/media/140161/download>

## **COVID-19 County & School Metrics:**

- <https://www.dph.illinois.gov/countyschool?county=Kane>

## **COVID-19 Travel Recommendations by Destination:**

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

## **Differences in Masks:**

- <https://www.cdc.gov/niosh/npptl/pdfs/UnderstandDifferenceInfographic-508.pdf>

## **IDPH School Guidance:**

- <https://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/schools-guidance>

## **IDPH Travel Guidance:**

- <https://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/travel-guidance#:~:text=When%20you%20do%20travel%2C%20practice,least%206%20feet%20from%20others.>

## **ISBE Guidelines:**

- <https://www.isbe.net/Pages/covid19.aspx>

## **Masking and Social Distancing (Executive Order 2020-32):**

- <https://www2.illinois.gov/Pages/Executive-Orders/ExecutiveOrder2020-32.aspx>

# RESOURCES

## **Rapid Test vs RT-PCR (how to read results):**

- [Interim Guidance for Rapid Antigen Testing for SARS-CoV-2 \(CDC\)](#)
- [Guidance for SARS-CoV-2 Point-of-Care Testing \(CDC\)](#)

## **Traveling during the COVID-19 Pandemic:**

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

## **When to Delay your Travel to Avoid Spreading COVID-19:**

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/when-to-delay-travel.html>

# Contact Us

01

Reporting cases



[Redcap.link/kaneschoolreporting](https://redcap.link/kaneschoolreporting)

02

Questions or Concerns



[school@co.kane.il.us](mailto:school@co.kane.il.us)

03

Kane County Health  
Department



(630) 208-3801