

## Return to School Information for Families & Staff

The purpose of this fact sheet is to outline when students or staff can return to school after a suspected or confirmed case of COVID-19. You are receiving this information because:

- You or your child is confirmed to have COVID-19 based on laboratory test results.
  - You or your child has been identified as a potential close contact of someone with confirmed COVID-19.
  - You or your child have COVID-like symptoms.
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### When can I return to school after quarantine for a suspected or confirmed case of COVID-19?

The date when a student or staff can return to school in-person is determined by:

- If they are **confirmed** or **suspected** to have COVID-19, or are a **close contact** of someone with confirmed COVID-19 **AND**
- If they have or do not have symptoms **AND**
- If their symptoms have improved, if they do have symptoms

Definitions of confirmed COVID-19, suspected COVID-19, and close contact are included below.

### When can someone with CONFIRMED COVID-19 return to school?

**Confirmed COVID-19:** a person (with or without symptoms) who received a positive result from a COVID-19 laboratory test.

Anyone who has symptoms and is confirmed to have COVID-19 should remain at home and away from others for:

- At least 10 days from when symptoms began
- **AND** 24 hours after fever has resolved (without fever-reducing medication)
- **AND** symptoms have improved.

People who test positive for COVID-19 but **never develop symptoms** should remain at home and away from others for at least 10 days after the date of their first positive COVID-19 test.

There are no medications specifically approved for COVID-19. Most people with mild COVID-19 will get better on their own. Drink plenty of fluids, rest, and take pain and fever-reducing medications. Stay apart from others in the home as much as possible. Some people may need medical care or hospitalization for severe COVID-19 illness. Learn more how to care for yourself or others with COVID-19 at:

[www.doh.wa.gov/Emergencies/COVID19/FrequentlyAskedQuestions](http://www.doh.wa.gov/Emergencies/COVID19/FrequentlyAskedQuestions).

Talk with your medical provider for more information.

## When can someone with SUSPECTED COVID-19 return to school?

**Suspected COVID-19:** a person who shows symptoms of COVID-19 and has not been tested or is waiting for test results.

Anyone who has symptoms and has not been tested should remain at home and away from others for:

- At least 10 days from when symptoms began
- **AND** 24 hours after fever has resolved (without fever-reducing medication)
- **AND** symptoms have improved.
- Your child will be able to return to school earlier if he/she has a note from their healthcare provider with a different diagnosis.

Anyone who has symptoms and has been tested for COVID-19 and **received a negative result** can return after:

- 24 hours after fever has resolved (without fever-reducing medication)
- **AND** other symptoms have improved.

For a list of locations that provide COVID-19 testing, visit: [www.netchd.org/covid-19/covid-19-symptoms-and-testing/](http://www.netchd.org/covid-19/covid-19-symptoms-and-testing/).

For more information about what to do if you have symptoms of COVID-19 visit: [www.netchd.org/covid-19/covid-19-symptoms-and-testing/](http://www.netchd.org/covid-19/covid-19-symptoms-and-testing/)

## When can a CLOSE CONTACT of someone with confirmed COVID-19 return to school?

**Close contact:** includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person confirmed to have COVID-19 for at least 15 minutes.
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (examples: been coughed on, kissed, shared utensils, etc.)

Close contact definition still applies when cloth face coverings or masks are worn by the person with COVID-19 or the other person.

Anyone who has been in close contact with someone with confirmed COVID-19 should remain home and away from others for:

- 14 days from the last day they had close contact with the person with COVID-19
- Monitor for fever, cough, shortness of breath and other COVID-19 symptoms

Close contacts should be tested for COVID-19 no sooner than 48 hours from the date of exposure. Call your medical provider to be tested or go to a testing site: [www.netchd.org/covid-19/covid-19-symptoms-and-testing/](http://www.netchd.org/covid-19/covid-19-symptoms-and-testing/).

Tell your school if you or someone in your household tests positive for COVID-19, as soon as possible. If the test result is negative, the close contact still must quarantine for 14 days from exposure. A negative test does not necessarily mean the person does not have COVID-19. The test result only means that they did not have COVID-19 at the time of testing and they should continue to monitor for symptoms.

For more information about what to do if you have been a close contact, visit: <https://www.netchd.org/covid-19/covid-19-symptoms-and-testing/>



This document was issued on **9/17/2020**. It has been adapted from the Seattle & King County Child Care Health Program website. It is for information only and is not meant as a substitute for consultation with your medical provider. This document may be updated as we learn more about this novel virus. Please see [www.netchd.org](http://www.netchd.org) for updates and other COVID-19 information.