



Revised Jan. 10, 2022

CHILD CARE Guidance for Suspected or Confirmed COVID-19 Cases

Scenario	Immediate Action	Follow Up
<p>COVID-19 Symptoms</p> <p>(e.g., fever, dry cough, sore throat, diarrhea, runny nose, headache, loss of taste or smell, difficulty breathing)</p>	<p>Send home and recommend contact with primary care provider for recommendations regarding need for testing. If COVID-19 ruled out by primary care provider or negative test result, may return 24 hours after symptoms resolve.</p> <p>For Symptom Screening CDPH COVID19 Symptoms; also see CCHS COVID Symptoms Chart below.</p> <p>Get tested, even if you are fully vaccinated.</p> <p>Testing is readily available through CCHS, State or Commercial Testing Sites.</p> <p>Take steps to prevent the spread</p>	<p>No notification of CCHS required.</p> <p>Classroom/cohort may remain open.</p> <p>Notification of group/cohort in this scenario is at the discretion of each institution and not required by CCHS.</p>
<p>COVID-19 Positive Test Result requires Isolation</p> <p>Individuals with or without symptoms and have had a COVID Antigen or Molecular (PCR tests, viral RNA tests, nucleic acid tests) test.</p>	<p>Must isolate to prevent the spread of COVID; stay home for at least 5 days from when you tested positive for COVID-19:</p> <p><i>You will no longer need to isolate if:</i> (1) you don't have symptoms, or your symptoms are improving AND (2) you take a test on or after day 5 of isolation and the test is negative (antigen test recommended).</p> <p>If you have a fever: isolation should be continued until fever resolves.</p> <p>If no test is taken, isolate for the full 10 days.</p> <p>After your 5-day isolation you should wear a well-fitted mask around others, for a total of 10 days, especially in indoor settings, and continue to</p>	<p><u>Notify CCHS:</u></p> <ol style="list-style-type: none"> 1. Notify CCHS using the Intake Form found on our website: Reporting COVID. 2. Proceed with isolation and notification of close contacts. 3. CCHS Locations Case Investigator will follow up with institution liaison to discuss next steps. <p>Employee notification requirements: CalOSHA COVID-19 Emergency Temporary Standards FAQs</p>

	<p>follow other preventive measures and masking guidance.</p> <p>❖ <u>No repeat testing required to return to group/cohort.</u></p> <p><u>Next Steps:</u></p> <ol style="list-style-type: none"> 1. Identify Close Contacts. <ol style="list-style-type: none"> a. Recommend testing of contacts, prioritize symptomatic contacts. 2. Close contacts <i>may</i> need quarantine. 	<p><u>Cleaning Instructions:</u> Within 24 hours of notification, clean and disinfect affected areas concentrating on all high touch surfaces and areas where positive case(s) spent their time. Classroom(s) and other affected areas may reopen after disinfection contact time is complete.</p>
<p>Close Contact to COVID-19 Positive for Unvaccinated, not Fully Vaccinated, or not up to date on COVID-19 Vaccinations</p> <p>Close Contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. <i>For example, three individual 5-minute exposures for a total of 15 minutes.</i></p>	<p>Must quarantine for - <u>People who are unvaccinated or not fully vaccinated:</u></p> <ol style="list-style-type: none"> 1) Stay home for at least 5 days after your last contact with a person who has COVID-19. 2) Get tested on or after day 5: <ol style="list-style-type: none"> a. If you have no symptoms AND a test taken on day 5 or later is negative: quarantine can end on day 6. b. If you do not get tested AND do not have symptoms: quarantine can end on day 11. c. If you test positive or develop symptoms: stay home for 10 days from your positive test or symptom start date, following isolation instructions. 3) Wear a well-fitting mask around others for 10 days, especially indoors. <p><u>OR</u></p> <p><u>People who are not up to date on their COVID-19 vaccinations (have not gotten a booster dose despite being eligible) *:</u></p> <ol style="list-style-type: none"> 1) Stay home for at least 5 days after your last contact with a person who has COVID-19. 2) Get tested on or after day 5: <ol style="list-style-type: none"> a. If you have no symptoms AND a test taken on day 5 or later is negative: quarantine can end on day 6. 	<p>No notification of CCHS required</p>

	<p>b. If you do not get tested AND do not have symptoms: quarantine can end on day 11.</p> <p>c. If you test positive or develop symptoms: stay home for 10 days from your positive test or symptom start date, following isolation instructions.</p> <p>3) Wear a well-fitting mask around others for 10 days, especially indoors.</p> <p>Continue to use preventive measures such as social distancing from others and proper handwashing.</p> <p>*In a workplace setting, employees without symptoms who are vaccinated but not up to date are not required to stay home from work if:</p> <ol style="list-style-type: none"> 1. negative diagnostic test is obtained within 3-5 days after last exposure to a case. 2. wears a well-fitting mask around others for a total of 10 days. 3. continue to have no symptoms. <p>Note: K-12 School Modified Quarantine does not apply to Child Care or Preschools</p>	
<p>Contact to COVID-19 Positive for up to date Vaccinated</p> <p>Close Contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. <i>For example, three individual 5-</i></p>	<p><u>People who are up to date on their COVID-19 vaccinations:</u> People who are fully vaccinated and have received a booster <u>and</u> people who are fully vaccinated but aren't eligible to receive a booster do not need to stay home (quarantine).</p> <ol style="list-style-type: none"> 1. Get tested on day 5 after being exposed to someone with COVID-19. <ul style="list-style-type: none"> ❖ If the test is positive, follow isolation instructions. 2. Wear a well-fitting mask around others for 10 days, especially indoors. 3. If you develop symptoms, get tested right away and stay home (isolation). 	<p>No notification of CCHS required</p>

<p><i>minute exposures for a total of 15 minutes.</i></p>	<p>Continue to use preventive measures such as the use of a mask/face covering, social distancing from others, and proper handwashing.</p> <p>Note: K-12 School Modified Quarantine does not apply to Child Care or Preschools</p>	
<p>Resources</p>	<ul style="list-style-type: none"> • CCHS Information for Schools and Child Care • CCHS Protect Young Kids Tip Sheet • CCHS Isolation Guidance • CCHS Quarantine Guidance • COVID-19 Update Guidance: Child Care Programs and Providers • CA DSS COVID19 Child Care Resources • Emergency Preparedness Manual for Early Childhood Programs • CDC COVID19 Quick Guide for Child Care Centers • CDC Child Care Guidance • CDPH Guidance on Isolation and Quarantine for COVID-19 Contact Tracing • CDC Quarantine and Isolation <p>Employers should follow current CalOSHA requirements for employees who have COVID-19 symptoms, tested COVID-19 positive, or who are close contacts.</p>	<p>CCHS Contacts:</p> <p>CCHS COVID Case and Suspected Outbreak Reporting</p> <p>CCHS School/Preschool/Child Care Intake Form (SPOT)</p> <p>CCHS COVID-19 Vaccinations</p> <p>CCHS COVID-19 Testing</p> <p>Locations Email: covid.business.tracing@cchealth.org</p> <p>CCHS COVID Response Hotline: (925) 313-6740</p> <p>CCHS General Covid Information Hotline: (844) 729-8410</p>

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Symptoms of COVID-19

People with COVID-19 can have a wide range of symptoms, which may appear 2-14 days after exposure to the virus. Take steps to prevent spread, including getting vaccinated, wearing a mask in crowded indoor settings and washing hands often.

Get a fast & easy COVID-19 test at no cost to you.* Schedule an appointment online at cchealth.org/coronavirus or call 1-833-629-2626.

SYMPTOMS	COVID-19	COLD	FLU	ASTHMA	SEASONAL ALLERGIES
 Fever	✓		✓		
 Cough	✓	✓	✓	✓	✓
 Shortness of breath	✓			✓	
 Fatigue, weakness	✓	✓	✓	✓	✓
 Headache	✓		✓		✓
 Body / muscle aches	✓	✓	✓		
 Sneezing		✓	✓		✓
 Sore throat	✓	✓	✓		✓
 Stuffy or runny nose	✓	✓	✓		✓
 New loss of taste and smell	✓	✓			
 Nausea, vomiting, diarrhea	✓		✓		

*Testing will be at no cost to you & billed through your health insurance or free if you do not have coverage.

cchealth.org/coronavirus
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