

# Return to School Following COVID-19 Illness or Exposure Guidance

Updated November 2, 2020

The date when a student or staff can return to school 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, for those who have symptoms

This guidance outlines when students or staff can return to school. Definitions of confirmed COVID-19, suspected COVID-19, and close contact are included below.

**NOTE\*:** If a student or staff have only one short-term symptom, as defined below, they may return to school the next day. A person with a short-term symptom has:

- **ONLY ONE of the following symptoms:** fatigue; headache; muscle pain or body aches; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea
- **AND** the symptom begins and resolves in less than 24 hours
- **AND** no known COVID-19 exposure (close contact).

**Example:** Student wakes up on Monday with a sore throat. Student cannot go to school due to symptom. By the afternoon, sore throat is gone. Student wakes up on Tuesday with no symptoms. Student can go to school.

## RETURN TO SCHOOL CALCULATOR

### When people with **CONFIRMED COVID-19** can return to school

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

If they have symptoms:		Example
1. 24 hours since fever goes away (without medications) <b>AND</b>	1. Date symptoms began: _____ a. +10 days: _____	1. April 1 a. <b>April 11</b>
2. 10 days since symptoms began <b>AND</b>	2. Date fever went away: _____ a. 24 hours after: _____	2. April 3 a. April 4
3. Other symptoms have improved	3. Date other symptoms improved: _____	3. April 9
<b>The latest date is the day you can return to school</b>		
If they do <u>not</u> have symptoms:		
1. 10 days since their COVID-19 test <b>AND</b>	1. Date of COVID test: _____	
2. Have not developed symptoms	o +10 days: _____ <b>[date you return to school]</b>	
<i>More information available from the <a href="#">Centers for Disease Control and Prevention</a>.</i>		

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## When people with SUSPECTED COVID-19 can return to school:

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

### If they are not tested for COVID-19:

- |  |  |
|--|--|
| 1. 24 hours since fever goes away (without medications) <b>AND</b> | 1. Date fever went away: _____         |
| 2. 10 days since symptoms began <b>AND</b>                         | a. +24 hours after: _____              |
| 3. Other symptoms have improved                                    | 2. Date symptoms began: _____          |
|  | a. +10 days: _____                     |
|  | 3. Date other symptoms improved: _____ |

**The latest date is the day you can return to school**

### If they are tested for COVID-19 and receive a *negative* test result:

- |  |  |
|--|--|
| 1. 24 hours since fever goes away (without medications) <b>AND</b> | 1. Date fever went away: _____         |
| 2. Other symptoms have improved                                    | a. +24 hours after: _____              |
|  | 2. Date other symptoms improved: _____ |

**The latest date is the day you can return to school**

## When a CLOSE CONTACT OF someone with Confirmed COVID-19 can return to school:

A **close contact** is anyone who meets any of the following:

- Living in the same household as a person with COVID-19, **OR**
- Caring for a person with COVID-19, **OR**
- Being within 6 feet of a person with COVID-19 for a combined total of 15 minutes or more in a 24-hour period, **OR**
- Being in direct contact with saliva or other body secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

Close contact definition still applies even when a person with COVID-19 or the close contact wore a cloth face mask or shield.

- |  |   |
|--|---|
| 1. 14 days since last exposure to person with confirmed COVID-19 | 1. Date of last exposure: _____                       |
|  | a. +14 days: _____ <b>[date you return to school]</b> |

*If the close contact becomes symptomatic or tests positive for COVID-19 during their 14-day quarantine period, they must follow a new period of isolation based on the CONFIRMED or SUSPECTED guidelines above. More information available from the [Washington State Department of Health](#).*