

## WESTFIELD REGIONAL HEALTH DEPARTMENT

### COVID-19 QUICK TIPS FOR PEDIATRICIANS & SCHOOLS

**PATIENTS WHO TEST POSITIVE:** 10-day isolation period that starts day of symptom onset or day that test was taken if asymptomatic. Must also be fever free or have a decrease in symptoms. If still febrile or heavily symptomatic after 10 days keep on isolation until fever/symptoms have resolved for a full 24 hours, without fever reducing medication.

**HOUSEHOLD CONTACTS:** Children who are household contacts of a + COVID case and are unable to fully separate themselves from the case (young children, siblings, etc.) need to stay home through the confirmed case's isolation period and then must complete a full quarantine period (this is most commonly 10 days for the isolation period plus an additional 14 days for the quarantine period).



**PATIENTS WHO ARE EXPOSED:** 14-day quarantine period that starts the day of last contact with known case. Patients CANNOT test out of quarantine. Even with a negative test result, quarantine must be adhered to for full 14 days. This is due to the incubation period which may last up to 14 days.



**RETURN TO SCHOOL:** Sick children can return to school if they meet the following criteria:

- *Receive a differential diagnosis other than COVID-19 (strep throat, ear infection, etc.)*
- *10 days have passed since COVID-like symptom onset without a COVID test*
- *Receive a negative COVID test*
- *24 hours have passed since non-COVID symptom resolution (fever only, ear pain only, etc.)*
- Please call your local health department with any return to school questions.

