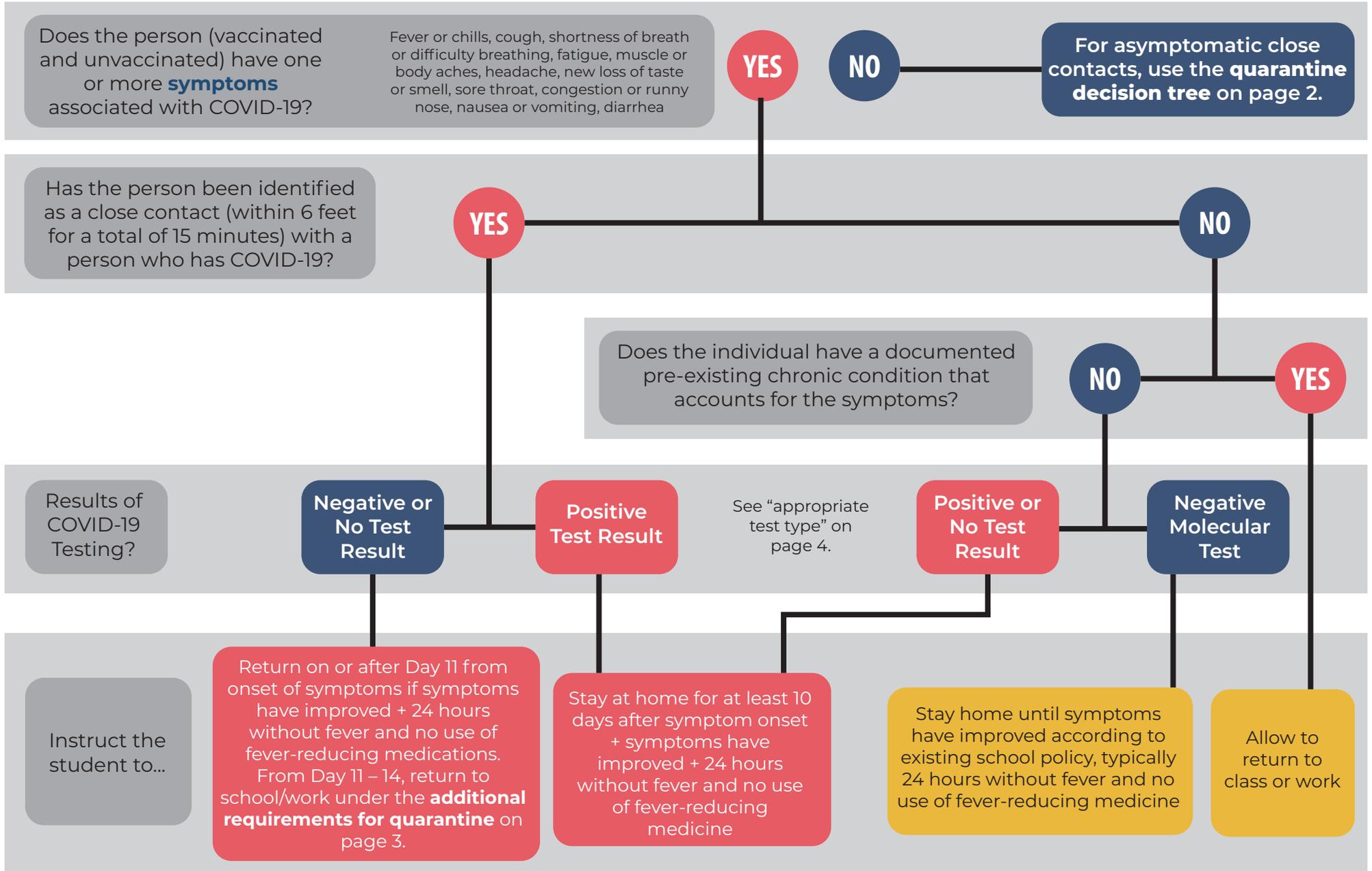


## Symptom Decision Tree



# Quarantine Decision Tree

Is the person fully vaccinated OR have they recovered from COVID-19 within the last 90 days with evidence of lab-confirmed diagnosis?

**YES**

Allow to remain in school or work. Quarantine is not required. Recommend that the person test on Day 3, 4, or 5.

**NO**

Use the following decision trees for adults or students as appropriate.



## ADULTS

## STUDENTS

Does the employee's role require them to be near individuals who are immunosuppressed?

**NO** **YES**

Can the employee self-monitor for symptoms, distance at 6 feet, wear a mask, and sanitize hands at work through day 14?

**YES** **NO**

**Return on Day 11:**  
Test recommended on or after Day 5

**Return on Day 15:**  
Test recommended on or after Day 5



Return to school or work before Day 15 includes **additional requirements** (see page 3). If these requirements cannot or will not be met, return on Day 15 is required.

Antigen tests administered on-site may be used for asymptomatic testing when required for quarantine.

1. Did the exposure occur in a school setting (any setting supervised by school employees)?

**YES** **NO**

2. Were both parties wearing masks during all contacts within 6 feet? If NO, go to question 4.

**NO** **YES**

3. Can the student provide evidence of a negative COVID-19 test taken 2 times a week (each 3 days apart)?

**NO** **YES**

4. Can the student provide evidence of a negative COVID-19 test taken on day 6 or later?

**NO** **YES**

**Return on Day 11:**  
Test recommended on or after Day 5

**Return on Day 8:**  
with negative test on Day 6

Remain in school for **modified quarantine** with testing 2x per week

**Return on Day 15:**  
Test recommended on or after Day 5

## Quarantine or isolation: What's the difference?

- Quarantine keeps someone who might have been exposed to the virus away from others.
- Isolation keeps someone who is infected with the virus away from others, even in their home.

## Who needs to quarantine?

- People who have been in **close contact** with someone who has COVID-19 — excluding people who have had COVID-19 within the past three months or **who are fully vaccinated**.
- People who have tested positive for COVID-19 within the past three months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
  - People who develop symptoms again within three months of their first bout of COVID-19 should follow their doctor's advice on testing.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been **fully vaccinated** against the disease and show no symptoms.

## What counts as close contact?

- Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period
- Providing care at home to someone who is sick with COVID-19
- Having direct physical contact with the person (hugged or kissed them)
- Sharing eating or drinking utensils
- Being sneezed on, coughed on, or somehow getting respiratory droplets on you from someone with COVID-19

## Additional Requirements for return to school or work before completing 14 days of quarantine:

- If these requirements cannot or will not be met, 14-day quarantine is required.
- The number of days required for quarantine is counted from the day after the person's last close contact with a person who has COVID-19.
- If symptoms occur, the individual should immediately self-isolate and contact their health care provider or San Diego County Public Health Services and seek testing.

### ADULTS

**Return on Day 15:** No additional requirements. Testing on or after Day 5 is recommended but not required.

**Return on Day 11:** May return if the individual is able to abide by the additional requirements described below. Testing on or after Day 5 is recommended but not required.

**Additional Requirements:** In addition, for all options that allow a return before Day 14, the employee must agree to self monitor for symptoms, maintain 6 feet of physical distancing at all times, and wear a face covering over their nose and mouth as required. Staff members who would be near others who have severe immunosuppressive disorder (e.g., bone marrow or solid organ transplant, chemotherapy) must quarantine for 14 days.

**\*NOTE** Cal/OSHA's emergency temporary standards restrict the use of the 7-day quarantine option to specific employment settings. Schools are not authorized to use the 7-day option.

### STUDENTS

**Return on Day 15:** No additional requirements. Testing on or after Day 5 is recommended.

**All of the following options for students** are limited to close contacts that occurred in a school setting (any setting supervised by school staff).

**Return on Day 11:** Testing on or after Day 5 is recommended but not required.

**Return on Day 8:** Provide evidence that a diagnostic specimen collected on or after Day 6 (from the date of last exposure) is negative.

**Modified Quarantine (remain in school):** Must undergo twice weekly testing (each test at least 3 days apart) and not participate in any program or activity outside of the regular school day, on campus or in a community setting, through Day 10.

**Additional Requirements for the three options listed above:** The student must continue daily self-monitoring for symptoms, AND follow all recommended non-pharmaceutical interventions (e.g., wearing a mask indoors, hand washing, avoiding crowds) through Day 14 from last known exposure. Mask use outdoors is also encouraged.

## Appropriate Test Types:

### Molecular Tests

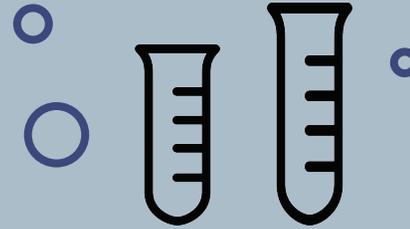
- Lab-based PCR
- Rapid molecular tests (PCR-like)

### Antigen On-Site (or at home as part of a state pilot)

- If symptomatic, a negative antigen test requires molecular test (PCR, LAMP, NAAT) confirmation and individuals should isolate until test results are available.
- If asymptomatic, a positive test requires a confirmation with a molecular test (PCR, LAMP, NAAT) and individuals should isolate until confirmatory test results are available.

### Onsite Rapid Tests

- When a point of care test (school administered antigen test or rapid molecular test like the Cue) is used for a **person in quarantine who develops symptoms**, the results should be confirmed with a laboratory-based PCR test.



## Populations Tested:

- Staff or students with symptoms, regardless of vaccination status
- Unvaccinated students or staff who are close contacts to remain in school for a modified quarantine as described in **CDPH K-12 Guidance**.

## Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Please self-screen yourself and your children prior to leaving your home by checking to ensure no one has any of the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you or your children have any of these symptoms and the symptoms are not related to an existing condition already diagnosed by a physician, please remain home and notify the school or your work supervisor.