

19 August 2021


Q&A For Parents



“Close Contacts” in Schools

Q. Will I be notified if my child is exposed to COVID at school?

A. Yes. Your school should let you know if your child was exposed to someone with COVID for long enough to be considered a “close contact.” The school will provide instructions on how to quarantine and when your student may safely return to class.



Q. What is the definition of a “close contact”?


A. A close contact is someone who has been within six feet of an infected person for more than 15 minutes in a 24-hour period.

Q. What does it mean exactly that my child has to quarantine?

A. Under a regular quarantine, your child should stay home and away from others as much as possible for up to 10 days in case they have been infected. Your child may also be eligible for a “modified quarantine” and can return to class under certain conditions. (More info on modified quarantine below.)




Q. How long does my child need to remain in quarantine?

A. This depends on the situation.

- In cases involving unvaccinated students in which at least one person was not wearing a mask, quarantine can end after 10 days if your child doesn't develop symptoms. Quarantine can end after Day 7 if a test collected after Day 5 comes back negative.
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- In cases where both people were masked, a close contact is eligible for a “modified quarantine” and will be allowed to return to class under certain conditions:
 - The close contact remains symptom-free
 - Continues to mask appropriately
 - Gets tested 2 times/week during 10-day quarantine. (CCHS recommends testing immediately after exposure notification and then 3 days apart.)
 - Does not participate in extracurricular activities, including sports, during the modified-quarantine period.

Q. Why are students with known exposures to COVID-19 to remain in school under “modified quarantine”?

A. Scientific research and experience from around the country demonstrate that when both parties are wearing facemasks appropriately at the time of a school-based exposure to COVID-19, in-school transmission is unlikely and students can safely continue in-person learning. During modified quarantine, students may go to class if they continue to mask appropriately, get tested regularly and refrain from all extracurricular activities at school, including sports.

Q. Does my child need to quarantine if they are fully vaccinated?

A. No, they may return to class, but should monitor symptoms for 14 days. Testing is still recommended 3-5 days after close contact.



Q. Do I and other people in my household also need to quarantine if my child is a close contact?

A. No need to quarantine until or unless your child tests positive or has symptoms and is awaiting test results and is considered a probable case.



Q. What if I or someone else in our household tests positive for COVID-19?

A. If the infected person cannot isolate fully from other household members, all household members (including the student) should quarantine for the full time the infected case is at home isolating but the 10-day quarantine period does not start until the infected person has cleared their infection.

Q. Does my child have to get tested during quarantine?

A. While not required in most cases, testing is strongly recommended for those who are close contacts of someone with COVID. Testing can detect whether someone is infected even if they do not display symptoms and even shorten the quarantine period. Testing, however, is required for those students and staff in modified quarantine.





MODIFIED QUARANTINE AT SCHOOLS

What is “modified quarantine”?

Modified quarantine is a way to keep our kids as safe as possible while attending in-person learning. Nationwide research and real-world experiences show that when people are wearing masks at the time of a school-based exposure to COVID-19, in-school transmission is unlikely, and students who were potentially exposed (close contacts) can safely continue in-person learning.

What happens if my child is a close contact?

If your child **is fully vaccinated**, they may continue to attend school in-person while watching for symptoms for 14 days.

If your child **is not fully vaccinated** and both your child and the infected person were wearing masks, your child can attend school in-person if they:

1. Remain symptom free
2. Continue to wear a mask
3. Get tested twice: right after exposure notification and again 3 days later
4. Do not participate in extracurricular or community activities, such as sports, until their modified quarantine ends

When would my child’s modified quarantine end?

If your child **does not develop symptoms and all tests are negative for COVID-19**:

- The modified quarantine period ends on Day 8 (from date of exposure), if your child tests negative after Day 6 or later
- Continue to monitor for symptoms for 14 days after their exposure

If your child **tests positive for COVID-19 or develops symptoms**:

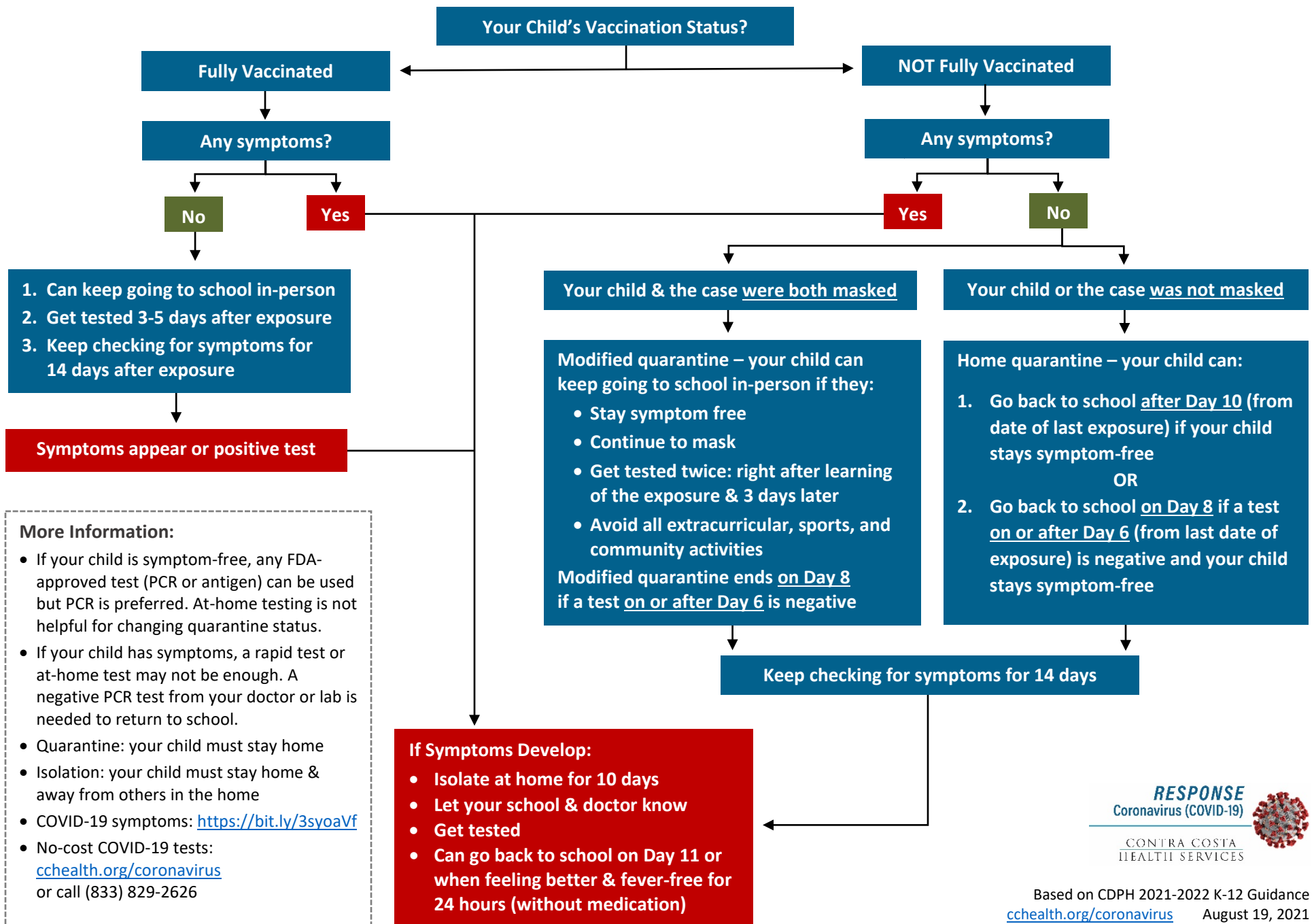
- Get your child tested if you haven’t already done so
- Notify your child’s school and healthcare provider
- Your child must stay home and isolate from the rest of the household for 10 days or until their symptoms improve and they are fever free for 24 hours (without medication)

More information:

- List of COVID-19 symptoms: <https://bit.ly/3j155rs>
- Quarantine & isolation instructions: <https://bit.ly/3A74Gwa>
- No-cost COVID-19 tests: cchealth.org/coronavirus or call (833) 829-2626



Your Child Was Exposed to COVID-19 at School: What's Next?



More Information:

- If your child is symptom-free, any FDA-approved test (PCR or antigen) can be used but PCR is preferred. At-home testing is not helpful for changing quarantine status.
- If your child has symptoms, a rapid test or at-home test may not be enough. A negative PCR test from your doctor or lab is needed to return to school.
- Quarantine: your child must stay home
- Isolation: your child must stay home & away from others in the home
- COVID-19 symptoms: <https://bit.ly/3syoaVf>
- No-cost COVID-19 tests: cchealth.org/coronavirus or call (833) 829-2626



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 1-833-829-2626.

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

7/21/2021

RESPONSE
Coronavirus (COVID-19)

CONTRA COSTA
HEALTH SERVICES



COVID-19 TESTING



Get a fast, convenient COVID-19 test at no cost to you



Appointments or walk-in service available



Testing available for everyone, even if you don't feel sick



Call **1-833-829-2626**

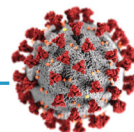
www.cchealth.org/coronavirus



Find a testing site near you

RESPONSE
Coronavirus (COVID-19)

CONTRA COSTA
HEALTH SERVICES



Getting Vaccinated for COVID-19



Fighting the pandemic has been hard, but now we have three vaccines to protect us from COVID-19.



Vaccines are provided at no cost.

The federal government will cover the cost of your vaccine. You should not be charged or billed. Your provider should also not charge you for an office visit if you only go in to get the vaccine.



You may need to get two doses.

For some vaccines you will need two doses, three to four weeks apart. It is OK if it takes a little longer to get the second dose.



Vaccines are safe and effective.

Although the vaccines were developed in record time, they have gone through the same rigorous Food and Drug Administration (FDA) process, meeting all safety standards. No steps were skipped. Millions of people have been safely vaccinated around the world already.



You may feel side effects.

Like other routine vaccines, you may get a sore arm, fever, headaches, or fatigue after getting vaccinated. These are signs the vaccine is working.



Stay safe.

It takes two weeks after your final dose to get the maximum protection from the vaccines. After you get the vaccine, continue wearing your mask in public, and keep gatherings small for those who haven't been vaccinated.

Questions? Visit: [cchealth.org](https://www.cchealth.org)

Getting Vaccinated for COVID-19

What vaccines are available?

There are three vaccines available:

1. **Pfizer-BioNTech**
2. **Moderna**
3. **Johnson & Johnson (Janssen)**

All were approved by the FDA for emergency use. Medical experts on the Advisory Committee for Immunization Practices and the Western States Scientific Safety Review Workgroup confirmed the vaccines met our standards for safety.

Who should get a COVID-19 vaccine?

We recommend that everyone who is eligible get vaccinated. As more people are vaccinated and have immunity from COVID, we will gradually be able to return to a more normal way of life. There are some exceptions.

You should not get the vaccine if you have had a serious allergic reaction to a previous dose of the COVID-19 vaccine or to any ingredient in the vaccine. If you have tested positive for COVID, you should wait until you complete your isolation period to get vaccinated.

What are the side effects?

It is common to have side effects one or three days after getting the vaccine. Common side effects are tiredness, muscle pain, pain in your arm where you got your shot, fever, headache, joint pain, chills, nausea, or vomiting. An over-the-counter pain reliever can help. If your symptoms don't go away, contact your doctor.

You should wait 15 to 30 minutes before leaving the vaccine site so your vaccine provider can help you if you do have an allergic reaction or other side effects. While you wait, you can sign up for v-safe to report any side effects and get a reminder for your second dose: vsafe.cdc.gov.

You or your vaccine provider can also report side effects to the Vaccine Adverse Event Reporting System (VAERS): vaers.hhs.gov/reportevent.html.

Call 911 if you have an allergic reaction after leaving the clinic. Signs of an allergic reaction include: difficulty breathing, swelling of your face and throat, fast heartbeat, a bad rash all over your body, dizziness, and weakness.

What happens after I get vaccinated?

A person is considered "fully vaccinated" 14 days after receiving the last required dose of vaccine. Once you are fully vaccinated, you may safely socialize indoors with other vaccinated people without having to social distance or wear a mask. For more information on what kinds of things you can do after you're fully vaccinated, go online and [visit cdc.gov](https://www.cdc.gov).

COVID-19 School COVID Case Interview Script

The primary goal is to gather information from the index case (COVID Positive Individual) to determine close contacts while an individual has been on site at your school. Contact tracing and identification of close contacts at home and in the greater community is the role of the Public Health Case Investigation team.

IF THE CONTACT IS UNDER 18 YEARS OLD, ASK TO SPEAK TO THE PARENT OR GUARDIAN OF THE MINOR FIRST.

Initial Conversation

"I am calling because a member of your household contacted the school to let us know (your or <child's name>) has tested positive for COVID-19. We are trying to gather information about your child's illness to determine the onset of symptoms and who may have been exposed at school.

We are required to notify close contacts to tell them they have been exposed to COVID-19 at school and provide them with instructions for quarantine. We will not share your (your or <child's name>) name or exact dates of exposure with other school members to protect your privacy.

I need to ask questions now about (your or <child's name>) illness and who could have been exposed at school. The information you share with us will help to stop the spread of COVID-19 at school.

Option: If child ≥ 13 : "Would it be better if I talk with you or to (your or <child's name>) to get information about recent activities and contacts at school? (STILL GET CONSENT FROM BOTH GUARDIAN AND CHILD IF THEY ARE UNDER THE AGE OF 18.)

How are (your or <child's name>) >) feeling? Is this a good time to talk?

Have you been provided with isolation instructions by (your or <child's name>) health provider or a case investigator with Public Health?

- Yes— great
- No--- I recommend you reach out to (your or <child's name>) health provider for specific isolation and health care concerns—I will send you the isolation instructions provided to us by the Public Health Department for your reference, but it is important to speak with (your or <child's name>)) provider for any questions or concerns about what to do for your COVID 19 diagnosis.

What was (your or <child's name>) COVID test date? _____.

When did you first notice symptoms that made you think that (your or <child's name>) were/was getting sick? _____.

When was the last day (exact date is helpful) (your or <child's name>) were/was at school? _____.

Did (your or <child's name>) go home sick from school? _____.

Before going further, check to see if student was on site while infectious. Using symptom onset date or test date (if no symptoms), verify that the individual was not at school **since**:

- 1) two days prior to symptom onset or
- 2) two days prior to test date if no symptoms

If student was on campus while infectious, proceed to the next portion of the interview. If student WAS NOT on campus while infectious, interview is complete. Contact information only needs to be gathered for CLOSE CONTACTS, defined as <6ft and cumulative >15 min exposure during the infectious period.

School Exposure Summary Script

I'd like to talk about (your or <child's name>) activities during the time (you or <child's name>) were at our school site and the time (you or <child's name>) became ill. I'm interested in (your or <child's name>) classroom activities, time spent in the library, cafeteria, office, or any place you spent more than 15 minutes (cumulative) and may have been closer than 6 feet to other people. Please think of any place where (you or <child's name>) had close contact with other people or times you were in a crowded setting.

If Symptomatic:

The date (you or <child's name>) started having symptoms was _____ and I will use 2 days prior to that to start checking for close contacts.

If NO symptoms:

The date of (your or <child's name>) test was _____ and I will use 2 days prior to that date to start checking for close contacts.

If I have this correct, you told me that (your or <child's name>) last day at school was _____.

It looks like that was a _____ (e.g. Monday- Confirm day of week)

The date range I need you to think about who (you or <child's name>) were close to is between _____ and _____ .

A close contact is anyone to whom (you or <child's name>) were/was closer than 6 feet away from for more than 15 minutes (cumulative). Can you tell me what places in the school (you or <child's name>) were less than 6 feet away from others for 15 minutes or more? (For elementary school children, contact the classroom teacher also for schedule info.)

Area/room/activity	Timeframe (confirm exact time of day)	Notes
Classroom		
PE		

Is there anyone else you think (you or <child's name>) may have been in close contact with, who was not in (your or <child's name>) classroom or school-assigned group? (think of recess, lunch, before/after school activities)

Do/Does (you or <child's name>) have siblings or family members who attend this school or another school? (if yes, consider quarantine and similar case investigation discussion if needed or discuss with Public Health Department)

Do you have any questions for me? If you come up with any questions later on, would you like our phone number? (Give pre-determined contact number)

- Is it okay to contact you again if we have further questions?
- Thank you again and have a great day.

NOTE: Consider contacting the classroom teacher(s) for more information about class schedules, including other classes/events during the infectious period, and close contacts in the classroom.