Suspected or Confirmed COVID-19 Flow Chart for Students

I Have Symptoms of COVID-19
(see symptom list below)

Stay Home Until:
- You get results from a COVID-19 test (PCR or an FDA approved rapid antigen test).
- 10 days after symptoms started or cleared by a physician

- If negative, stay home until fever free for 24 hours AND symptoms have improved.
- If positive, follow the “I’m COVID-19 Positive with Symptoms” column.

This applies to everyone regardless of vaccination status or prior infection

I’m COVID-19 Positive with Symptoms

Isolate at Home Until:
1. At least 5 days after your symptoms started AND
2. You have a negative rapid antigen COVID test collected on day 5 or later AND
3. You have not had a fever for at least 24 hours AND
4. Your symptoms are improving
   - You can return on Day 6 or later when all 4 requirements above are met.
   - OR-
      - Stay home through 10 days after symptoms started AND
      - You have not had a fever for at least 24 hours AND
      - Your symptoms are improving.
      - A negative test is not required to return on Day 11.

Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms started. A PCR test is not recommended for repeat testing following a COVID infection. An FDA approved home rapid antigen test is acceptable.

I’m COVID-19 Positive with NO Symptoms

Stay Home Until:
- At least 5 days after your initial positive test was taken AND
- You have a negative rapid antigen COVID test collected on Day 5
  - OR-
  - Stay home for 10 days after your initial positive test was taken.
  - OR-

Day 0 is the day a positive test was performed if you never have symptoms.

Important: if symptoms develop, you must start the “COVID positive with symptoms” instructions. Your new Day 0 will be the day symptoms began.

Wear a Mask for 10 Days
It is strongly recommended that students wear a highly protective mask when around others, indoors and outdoors, for a total of 10 days after testing positive for COVID-19.

See ph.lacounty.gov/masks for more information

COVID-19 Symptoms:
- Fever or Chills
- New Cough (not from asthma)
- Runny or Stuffy Nose (not from allergies)
- Sore throat
- Diarrhea
- Vomiting
- New loss of taste or smell

* LA County COVID testing locations: https://covid19.lacounty.gov/testing/
* SB County COVID testing locations: https://sbcovid19.com/testing/sites/
* Isolation Instructions: http://publichealth.lacounty.gov/acd/hcorona2019/covidisolation/
* Quarantine Instructions: http://publichealth.lacounty.gov/acd/hcorona2019/covidquarantine/
COVID-19 Exposure Flow Chart for Students

I Was Exposed to a COVID-19 Positive Person

Get Tested
Students with NO symptoms may continue to attend all school activities following an exposure to COVID-19. They should be tested for COVID with a PCR or rapid antigen test.

When to Test:
- Test between Day 3 and Day 5 after last exposure.
  - Testing is not required for people who recently had COVID-19 within the last 90 days unless they develop symptoms.
- Test immediately if symptoms develop.

If a COVID test is positive or symptoms develop, STAY HOME and follow the “Suspected or Confirmed COVID-19 Flowchart for Students.”

Day 0 is the day of last exposure to an infected person.
Day 1 is the first full day after last exposure.

Monitor for symptoms for 10 days after your last exposure.
- If you develop symptoms, stay home and get a COVID test.
- If your test is positive, continue to stay home. Follow the COVID-19 positive isolation instructions.

Wear a mask for 10 days after your last exposure.
Students should wear a highly protective mask when around others, indoors and outdoors, for a total of 10 days after their last exposure to a COVID positive person.

See ph.lacounty.gov/masks for more information

*No Quarantine after an Exposure*
Home quarantine is no longer required for exposed students regardless of vaccination status.

What is an Exposure or Close Contact?
You were exposed to someone contagious* with COVID-19 if:
- You were within the same room or indoor airspace for a total of 15 minutes in one day. –OR–
- You had unprotected contact with their body fluids and/or secretions (i.e. kissing, sneezing, coughed on, shared drinks or utensils.)

*A person is considered contagious: from 2 days before their symptoms started until their isolation period ends, OR if symptoms never develop--from 2 days before their positive test until their isolation period ends.

If you live with a COVID-19 positive person and can’t avoid close contact with them, you should test as soon as possible and again during Days 3 to 5 after the positive person is no longer contagious. Continue to monitor for symptoms and wear a mask through Day 10. To calculate your exposure timeline, use the infected person’s last isolation day as your last exposure date (your Day 0):

Positive Person’s Isolation Days + 10 Post-exposure Days = Your Total Monitoring / Masking Days

* LA County COVID testing locations: https://covid19.lacounty.gov/testing/
* SB County COVID testing locations: https://sbcovid19.com/testing-sites/
* Quarantine Instructions: http://publichealth.lacounty.gov/acd/ncorona2019/covidquarantine/