



Students and Staff With Symptoms of COVID-19 or Who Have Been Exposed to COVID-19

Students and Staff with Symptoms of COVID-19 (See Appendix A)

- Symptoms of COVID-19 include the following. These symptoms should be new or different/worse than baseline for any existing chronic illness.

Any one of the following:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of smell
- New loss of taste

OR

Two or more of the following:

- Subjective fever (felt feverish) or measured temperature of 100.4 degrees Fahrenheit or higher
 - Chills or rigors (shaking or exaggerated shivering)
 - Muscle aches without another explanation
 - Headache
 - Sore throat
 - Nausea or vomiting
 - Diarrhea
 - Fatigue
 - Congestion or runny nose
- A student or staff person who exhibits COVID-19 symptoms as defined above should not go to school or any school activity. If at school or any school activity, they should be sent home. These individuals should be evaluated by a healthcare provider and tested for COVID-19 with a diagnostic test.

- If at school or any school activity, the student/staff person should wear a face covering and wait in an isolation area away from other staff and students until they leave the school building.

Confirmed and Probable Cases of COVID-19

- A person who has tested positive for COVID-19 is a confirmed case of COVID-19 if the positive test was a polymerase chain reaction (PCR) test and a probable case of COVID-19 if the positive test was an antigen test. A person with symptoms (previously described) and who has had close contact with a person who has tested positive for COVID-19 (PCR test or antigen test) is considered a probable case of COVID-19.
- School administration must report any student or staff person with confirmed or probable COVID-19 to the Macomb County Health Department (see Return to School Toolkit, Appendix C, COVID-19 Report Form).
- School administration must notify school staff and student families on the school's website when a student or staff person with confirmed or probable COVID-19 has been identified in a school maintaining the confidentiality of the student or staff person as required by state and federal laws. School administration may also choose to provide written notification to school staff and student families.

Returning to School or Work

- Students and staff with symptoms who test positive for COVID-19 or who are a probable case of COVID-19 may return to school/work if:
 - At least 5 days have passed since symptom onset and
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications and
 - Other symptoms have improved (loss of taste and smell may last for weeks or months and need not delay the end of isolation)
- Students and staff who never had symptoms but who test positive for COVID-19 may return to school/work if at least 5 days have passed since the date of their first positive COVID-19 test (provided no symptoms appeared during the 5-day period).
- Day zero (0) is the day of symptom onset or the day the positive test specimen was collected (if there were no symptoms). The isolation period ends at midnight on the last day of the isolation period. The last day of isolation is usually day 5 but may be a later day if symptoms have not improved or fever has not resolved for at least 24 hours without the use of fever-reducing medication.

- Students and staff with symptoms (previously described) who test negative for COVID-19 (with a PCR test) and who have had no close contact with a person who has tested positive for COVID-19 may return to school/work 24 hours after resolution of fever and improvement of symptoms.
- Students and staff with symptoms (previously described) who were not tested for COVID-19 and who have had no close contact with a person who has tested positive for COVID-19 may return to school/work 24 hours after resolution of fever and improvement of symptoms if they present a note from a healthcare provider that provides an alternative explanation for the symptoms. If a healthcare provider note is not available, the student or staff person may return to school/work if:
 - At least 5 days have passed since symptom onset and
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications and
 - Other symptoms have improved (loss of taste and smell may last for weeks or months and need not delay the end of isolation)
- Returning to school or work after an isolation period of 5 days includes wearing a mask for days 6-10. If a student or staff person is unwilling or unable to wear a mask, they should isolate for 10 days.

Students and Staff Exposed to COVID-19

- The Macomb County Health Department will work with the school to identify close contacts of persons with confirmed or probable COVID-19 (Case Report and Contact Tracing Form).
- A close contact is someone who has been within 6 feet of a person with confirmed or probable COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic persons, 2 days prior to test specimen collection). The determination of close contact should be made irrespective of the use of face coverings.

Students and Staff Exposed to COVID-19 in the Community or at Home

- Students and staff exposed to COVID-19 in the community or at home should follow standard quarantine procedures and remain quarantined at home for 5 days after last contact with a person with confirmed or probable COVID-19. Day zero (0) is the day of last contact and the quarantine period ends at midnight on day 5.

- The quarantine period for household contacts is 5 days after the date the person with confirmed or probable COVID-19 completes the isolation period if ongoing close household contact cannot be avoided. If ongoing close household contact can be avoided, the quarantine period is 5 days after the date close household contact ended.
- Testing on day 5 is recommended.
- Returning to school or work after a quarantine period of 5 days includes wearing a mask for days 6-10. If a student or staff person is unwilling or unable to wear a mask, they should quarantine for 10 days.
- Quarantine is not necessary for the following persons:
 - Students or staff who have tested positive for COVID-19 in the past 90 days.
 - Students 5-17 years of age who are two or more weeks past completion of a primary series of COVID-19 vaccine. Testing on day 5 and wearing a mask around others for 10 days are recommended.
 - Students and staff 18 years of age or older who have received all recommended COVID-19 vaccine doses, including a booster dose. There is no time requirement following administration of the booster dose. Testing on day 5 and wearing a mask around others for 10 days are recommended.
- Students or staff who are close contacts and who test positive for COVID-19 must be reported to the Macomb County Health Department and managed as previously outlined.

Students and Staff Exposed to COVID-19 in a School Setting

Students and staff exposed to COVID-19 in a school setting should be managed using the modified quarantine procedure outlined in Appendix B.

Macomb County Health Department (MCHD) Students and Staff with Symptoms of COVID-19

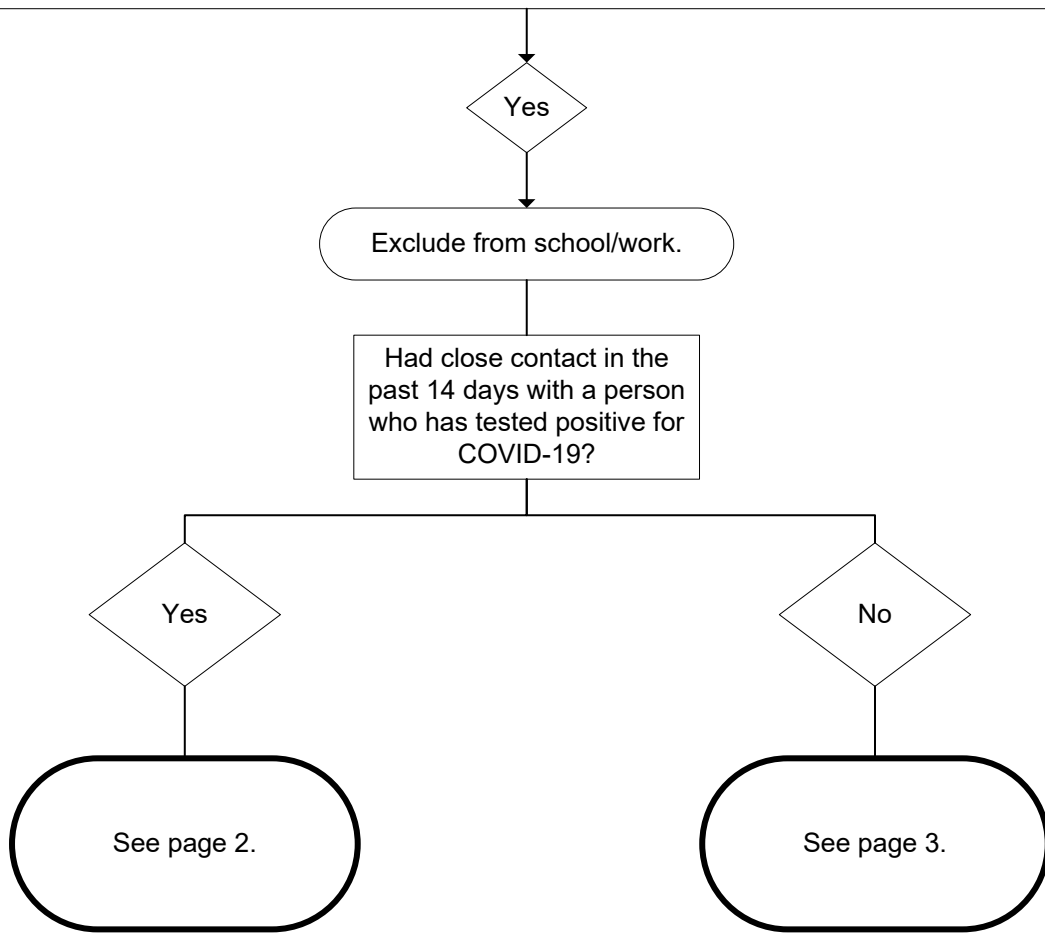
Student/Staff person has any of the following symptoms (new/different/worse than baseline for any chronic illness):

One of the following:

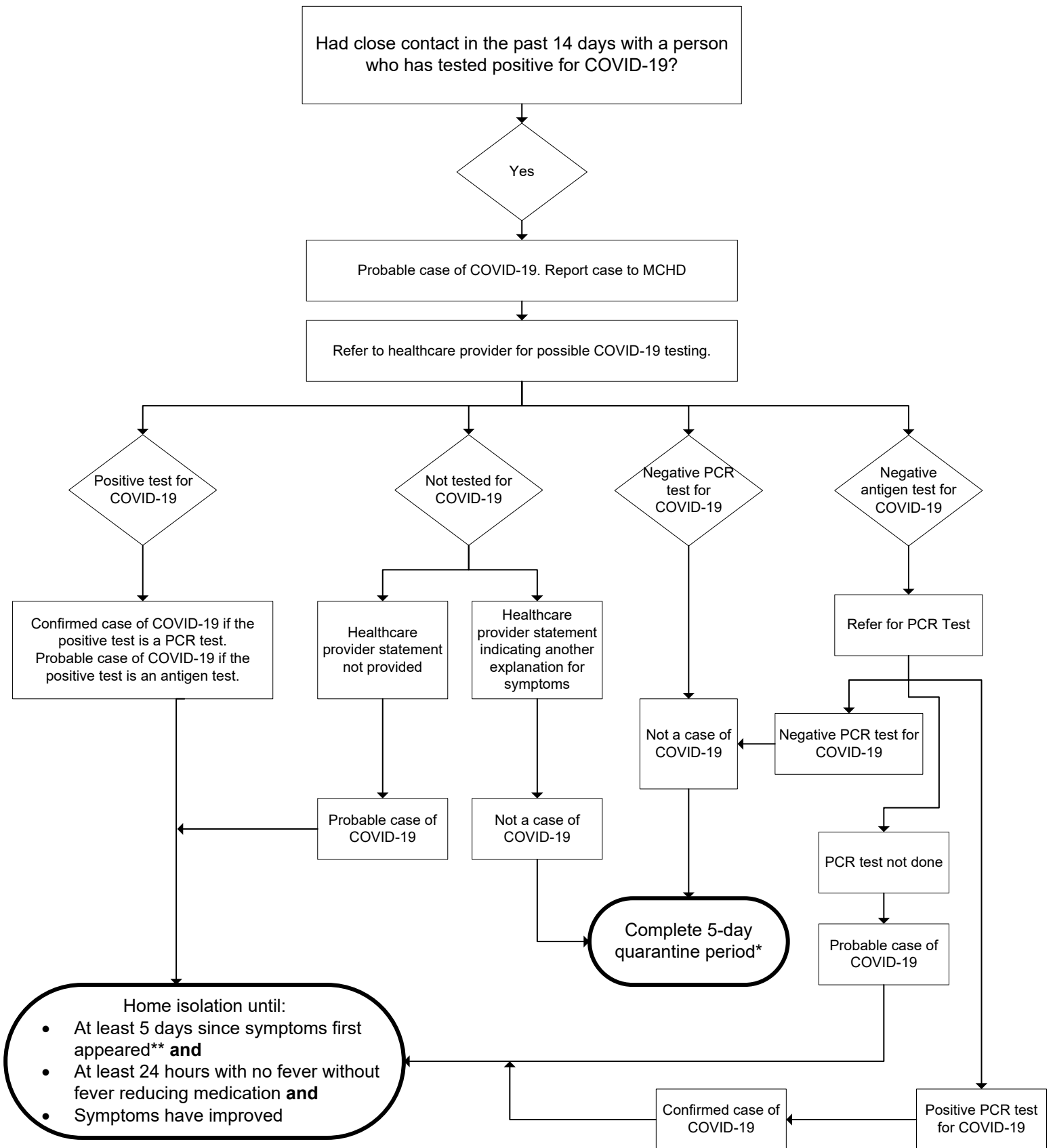
- Cough
- Shortness of breath
- Difficulty breathing
- New loss of smell
- New loss of taste

OR **Two** of the following:

- Subjective fever (felt feverish) or measured temperature 100.4 degrees Fahrenheit or higher
- Chills
- Rigors (shaking or exaggerated shivering)
- Muscle aches
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose



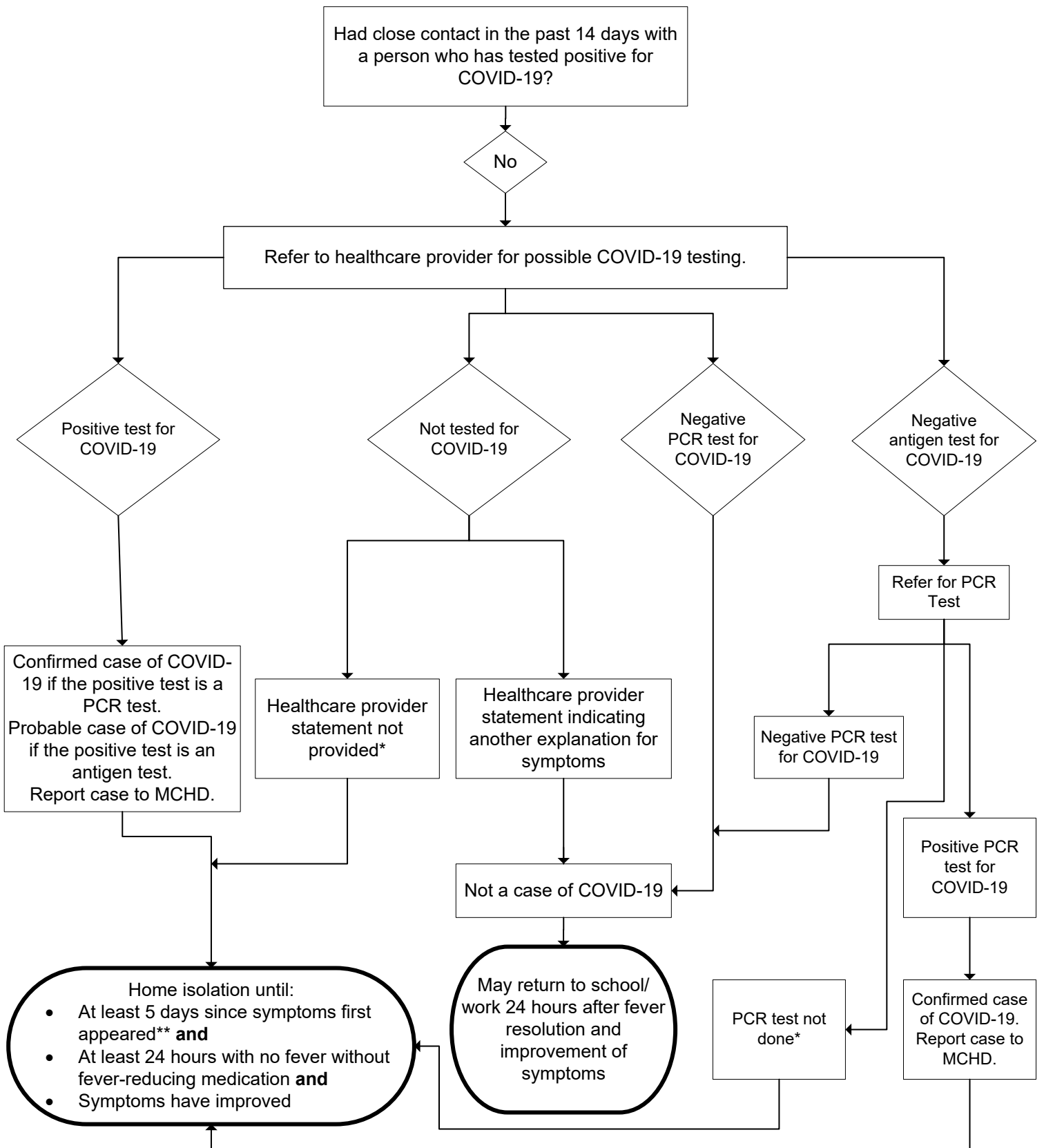
Macomb County Health Department (MCHD) Students and Staff with Symptoms of COVID-19



*Quarantine is not necessary for persons who have tested positive for COVID-19 in the past 90 days or for persons 18 years of age or older who have received all recommended COVID-19 vaccine doses, including a booster dose or for students 5-17 years of age who have completed a primary series of COVID-19 vaccine. If a student or staff person is unwilling or unable to wear a mask for days 6-10, they should quarantine for 10 days.

**If a student or staff person is unwilling or unable to wear a mask for days 6-10, they should isolate for 10 days.

Macomb County Health Department (MCHD) Students and Staff with Symptoms of COVID-19



* These persons do not meet the definition of a confirmed or probable case and do not require contact tracing. However, since COVID-19 has not been sufficiently ruled out through testing, a period of isolation is still required.

**If a student or staff person is unwilling or unable to wear a mask for days 6-10, they should isolate for 10 days.

Macomb County Health Department Quarantine After Exposure to COVID-19 In K-12 School Settings*

