

### COVID-19 Exclusion Guidelines

1. COVID-19 can be present without any symptoms, especially in children. To reduce any spread of disease, daily screenings will be performed on children and staff.
2. While screening may reduce some COVID-19 transmission in childcare, transmission may still occur because of asymptomatic, pre-symptomatic, and mildly symptomatic children and staff.
3. People with COVID-19 have had a wide range of reported symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure.

Symptoms can include:

- a. Fever or chills (100.4 F or higher) (Infants < 4 months, 99.4 F or higher)
  - b. Cough
  - c. Shortness of breath or difficulty breathing
  - d. Fatigue
  - e. Muscle or body aches
  - f. Headache
  - g. New loss of taste or smell
  - h. Sore throat
  - i. Congestion or runny nose
  - j. Nausea or vomiting
  - k. Diarrhea
4. There is not a single symptom that is uniquely predictive of a COVID-19 diagnosis. A COVID-19 viral test is needed to confirm if someone has a current infection.
  5. Many of the symptoms of COVID-19 are also common in other childhood illnesses like the common cold, the flu, or seasonal allergies. In children, fever has been the most frequently reported symptom.
  6. Additionally, children and staff with chronic conditions like asthma or allergies may have symptoms like cough or nasal congestion without having any infection at all.
  7. The table below illustrates some of the overlap between the symptoms of COVID-19 and other common illnesses.

<b>Symptoms of COVID-19</b>	<b>Strep Throat</b>	<b>Common Cold</b>	<b>Flu</b>	<b>Asthma</b>	<b>Seasonal Allergies</b>
<b>Fever or chills</b>	X		X		
<b>Cough</b>		X	X	X	X
<b>Sore throat</b>	X	X	X		X
<b>Shortness of breath or difficulty breathing</b>				X	
<b>Fatigue</b>		X	X	X	X
<b>Nausea or Vomiting</b>	X		X		
<b>Diarrhea</b>	X		X		

<b>Congestion or Runny Nose</b>		X	X		X
<b>Muscle or body aches</b>	X	X	X		

8. Children and staff who are sick with contagious illnesses should be excluded from childcare and work, but most illnesses do not require the same level or length of isolation that COVID-19 does.
9. Again, there are limitations in symptom screening due to the wide range of symptoms and the fact some people have no symptoms. Inappropriately excluding children from childcare may cause unintended harm as their absence is keeping them from essential educational and developmental experiences. In order to exclude children and staff based on symptoms of COVID-19, it is important to look to key symptoms.

### **COVID-19 Symptom Exclusions**

1. The following symptoms may indicate a possible illness that places a risk for spreading illness to others, and may decrease a child's ability to learn:
  - a. Fever (100.4F or higher) (Infants <4 months, 99.4F or higher)
  - b. Sore Throat
  - c. New uncontrolled cough that causes difficulty breathing (for those with chronic allergic/asthmatic cough, a change in their cough from baseline)
  - d. Diarrhea, vomiting, or abdominal pain
  - e. New onset of severe headache, especially with fever
  - f. Loss of Taste or Smell
2. This second set of symptoms likely are tied to the first set, but when present alone, is less concerning for contagiousness. The risk for illness increases if the following symptoms occur **WITH ANY OTHER SYMPTOM**:
  - a. Muscle aches or body aches
  - b. Fatigue (difficulty or inability to initiate and/or maintain activity- i.e. feeling very tired and needing extra rest, more than just sleepiness)
  - c. Nasal congestion or runny nose (above their baseline)
3. Children/Staff who develop the above symptoms (**refer to flowchart**) while at the program should have the following performed:
  - a. Immediately separate the person from others until the person displaying symptoms can leave the facility (contact parent/emergency contact)
  - b. Advise the employee or child's parent or caregiver to inform the facility immediately if the person is diagnosed with COVID-19
  - c. If the child or employee tests positive for COVID-19, Reach Dane will contact the local public health department as soon as possible.
4. If a staff member or child has the above symptoms of COVID-19 or is a close contact of someone with COVID-19, they can return to the child-care facility if the following conditions are met (**see table below**):
  - a. If an individual thinks they have COVID-19, they should stay home until at least 10 days since symptoms first appeared **AND** at least 24 hours with no fever without fever-reducing medication **AND** symptoms have improved.

- i. If symptoms worsen, they should contact their healthcare provider to determine if they should be tested for COVID-19
- b. If a staff member or child believes they had close contact with someone with COVID-19 but are not currently sick, they should monitor their health for fever, cough, and shortness of breath during the 14 days after the last day they were in close contact with the sick person. **They should not go to work or childcare and should avoid public places for 14 days.**
  - i. Close contact is defined as 15 minutes (cumulative over one day) at less than 6 feet apart.
- c. If a staff member or child has any of the above symptoms and HAS NOT been around anyone diagnosed with COVID-19, they should stay home and away from others for at least 72 hours. If their symptoms do not improve, they should stay home for up to **10 days since symptoms first appeared**.

### **Positive COVID-19 Test (See table below)**

1. If an enrolled child or employee tests positive for COVID-19, Dane County Public Health Department and the Dept of Children and Families will be contacted. Reach Dane will follow their guidance for next steps.
  - a. Staff and children who showed symptoms may return when meeting these guidelines:
    - i. At least 10 days since symptoms first appeared
    - ii. At least 24 hours with no fever without fever-reducing medication
    - iii. Symptoms have improved
  - b. Staff and children who showed no symptoms, but tested positive, may return when meeting these guidelines:
    - i. 10 days have passed since the test
2. The program will post and notify families of any confirmed staff or child cases of COVID-19
3. If COVID-19 is confirmed in a child or staff member:
  - a. Close off areas used by the person who is sick.
  - b. Open outside doors and windows to increase air circulation in the areas.
  - c. Wait up to 24 hours or as long as possible before you clean or disinfect to allow respiratory droplets to settle before cleaning and disinfecting.
  - d. Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, and common areas.
  - e. If more than 7 days have passed since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.
  - f. Continue routine cleaning and disinfection.

### **Negative COVID-19 Test**

1. If an enrolled child or employee tests negative for COVID-19, they may return to normal activities.
2. Please follow the normal exclusion guidelines listed below.

## Normal Exclusion Guidelines

There are only 3 reasons to exclude an ill child from a child-care setting:

1. The illness prevents the child from participating comfortably in the program's activities.
2. The illness requires the caregiver to provide more care than the caregiver can provide without compromising the care of the other children.
3. The child has a specific condition that is likely to expose others to a communicable and/or reportable disease, including the COVID-19 virus (see COVID-19 Exclusions below).
  - a. State of WI child-care regulations identifies certain diseases that are reportable to LHD and give permission to child-care centers to send a child home for the purpose of diagnosis and treatment of suspected communicable disease or any condition that has potential to affect the health of other students or staff. Each site should post the WI Communicable Diseases Chart, May 2014.

**\*\* Contact PNP/RN or Health Manager immediately.** PNP/RN or Health Manager will provide Communicable Disease Exposure Notice for the classroom to post and send home with families and contact Public Health if necessary.

- A. If a child or staff member is diagnosed with a communicable disease, the specific Communicable Disease Exposure Notice should be posted and sent home to all families whose children may have been exposed. **The site is to contact a PNP/RN or the Health Manager immediately if a child has a diagnosed communicable disease.**
  1. Communicable Disease Exposure Notices are stored on the Reach Dane Shared Drive in the Communicable Disease Exposure Notices folder and on the Reach Dane website on the staff intranet.
- B. The length of time to exclude varies with each disease; check with PNP/RN, Health Manager or the WI Communicable Disease Chart, May 2014 to determine when child may return to child-care.
- C. For suspected communicable disease, children should go home as soon as possible, but not to exceed one hour after the communicable disease is suspected. Send the child home with a **Health Visit Follow-up Report (#503)**. Complete the top half of the form listing the symptoms observed while in care. The bottom half of the form must be completed by a health care provider before the child may return to child-care. **The site is to contact a PNP/RN or the Health Manager immediately if a child has a suspected communicable disease.**

## **Exclusion Guidelines**

A child is excluded from child-care and should be seen by their primary care provider for:

1. Persistent Abdominal Pain
2. Blood in stools, not explained by hard stools

3. Diarrhea - Exclude for 24 hours after last episode of diarrhea.
  - a) Diarrhea is defined as more watery, less formed, more frequent stools not associated with a diet change or medication
    - i. 3-5-year olds: two or more large watery stools in 8 hours or one loose uncontrolled stool for which preschooler cannot make it to the toilet in time.
    - ii. Infants/toddlers: two or more large watery stools in a diaper or two large stools that cannot be contained in a snug fitting diaper.
  - b) A child with diarrhea may remain in child-care if he/she has no other symptoms and has a letter from a health care provider stating the child should not be excluded from child-care (consider new foods, teething, medications, etc.) If diarrhea is caused by a chronic condition contact a PNP/RN or the Health Manager.
  - c) For diarrhea caused by *E Coli* or *Shigella* infection the child may not return to child-care until the diarrhea resolves and the test results of 2 stool cultures performed by a health provider or public health are negative.
4. Fever with other signs of illness such as sore throat, rash, vomiting, diarrhea, earache, behavior change, etc. - Exclude until 24 hours fever-free without the use of fever reducing medicine. **\*\*See COVID fever restrictions. Reach Dane will follow those guidelines until further notice.**
  - a) Fever is defined as temperature of 100.5 degrees either under the arm or by mouth (3-5 yr. olds). Do not add a degree when reporting the temperature.
5. A fever of 99.0 degrees axillary (with or without other sign of illness) in infant younger than 4 months of age
  - a) Exception - Infant with fever is behaving normally on the day after an immunization is given and has no other symptoms. **\*\*Follow COVID restrictions until further notice.**
6. Rapidly rising fever (with or without other sign of illness) – Temperature > 100.5 degrees and rising rapidly within 15 minutes
7. Vomiting - Exclude for 24 hours after last episode of vomiting
  - a) Defined as vomiting 2 or more times in 24 hours unless determined to be caused by non-infectious condition and child remains adequately hydrated. With infants, not just spitting up. Child should not be excluded if vomiting is suspected due to teething, stressful situations, or introduction to new foods.
8. Child appears to be severely ill: Lethargic, uncontrolled coughing, inexplicable irritability or crying, difficulty breathing, or other unusual signs

A child or staff member is feeling sick. Do they have the following symptoms?



- Fever (100.4F or higher) (Infants <4mo, 99.4F or higher)
- Sore Throat
- **New** uncontrolled cough that causes difficulty breathing (for those with chronic asthma or allergic cough, a change in their cough from baseline)
- Diarrhea
- Vomiting
- Abdominal pain
- **New** onset of SEVERE headache (especially with fever)
- Loss of taste or smell

YES

IMMEDIATELY separate child from others, call parent to pick up. (OR SEND HOME STAFF)

Advise parent to notify us if the child is diagnosed with COVID-19. (OR staff should notify HR)

The child or staff member must not return to childcare for at least 3 days, and if symptoms remain, may need to stay home for up to 10 days.

NO

Does they have at least **TWO** of the following symptoms?

- Muscle aches or body aches
- Nasal congestion or runny nose (above their baseline)
- Fatigue (difficulty or inability to initiate and/or maintain activity- i.e. feeling extremely tired and needing frequent rest, more than just sleepiness)

YES

NO

- Check the standard exclusion policy for further guidance and follow
- If otherwise OK, allow child/staff to remain at childcare center

## Individual is **NOT** a known close contact to a **COVID-19** case:

Individual	Symptomatic	No Symptoms
<b>Not tested for COVID-19</b>	<ul style="list-style-type: none"> <li>The individual must remain home for at least 3 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement of symptoms. If symptoms continue, the individual will need to stay home until symptoms improve (up to 10 days).</li> <li>Siblings and household members should follow the close contact chart below for exclusion.</li> <li>If diagnosed with another condition that explains the symptoms, such as influenza or strep throat, no isolation or quarantine of close contacts is necessary. Follow guidance from the health care provider and exclusion period of the diagnosed disease as listed on the Wisconsin Childhood Communicable Disease Chart</li> </ul>	May attend school.
<b>Tested and negative for COVID-19</b>	<ul style="list-style-type: none"> <li>The individual must be fever free for 24 hours without the use of fever-reducing medications</li> <li>If diagnosed with another condition, the individual must complete the exclusion period for the diagnosed disease as listed on the Wisconsin Childhood Communicable Disease Chart. An alternative diagnosis is not required.</li> </ul>	May attend school.
<b>Tested and positive for COVID-19</b>	<ul style="list-style-type: none"> <li>The individual must isolate at home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement in symptoms. Repeat testing is NOT recommended for making decisions about when people can return to work or school.</li> <li>Siblings, household members, and other close contacts should follow the close contact chart below.</li> </ul>	<ul style="list-style-type: none"> <li>Must isolate at home for 10 days after the day the sample was collected.</li> <li>Siblings, household members, and other close contacts should follow the close contact chart below.</li> </ul>

## Individual IS a known close contact to a COVID-19 case:

Individual	Symptomatic	No Symptoms
<b>Not tested for COVID-19</b>	<ul style="list-style-type: none"> <li>The individual must quarantine for 14 days after the last contact with the COVID-19 positive person. If the exposure is to a household member and the case cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the case.</li> <li>The individual must also remain home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement of symptoms.</li> <li><b>The criteria in both of the above bullets must be met before returning to school.</b></li> <li>Siblings, household members, and other close contacts should also follow this chart to determine quarantine length.</li> </ul>	<p>Must quarantine for 14 days from the date of last exposure before returning to school or day care. If the exposure is to a household member and the case cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the case.</p>
<b>Tested and negative for COVID-19</b>	<ul style="list-style-type: none"> <li>The individual must quarantine for 14 days after the last contact with the COVID-19 positive person. If the exposure is to a household member and the case cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the case.</li> <li>The individual must also be fever free for 24 hours without the use of fever-reducing medications AND if diagnosed with another condition, they must complete the exclusion period for the diagnosed disease as listed on the Wisconsin Childhood Communicable Disease Chart. An alternative diagnosis is not required.</li> <li><b>The criteria in both of the above bullets must be met before returning school.</b></li> </ul>	<p>Must quarantine for 14 days from the date of last exposure before returning to school or day care. If the exposure is to a household member and the case cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the case.</p>
<b>Tested and positive for COVID-19</b>	<ul style="list-style-type: none"> <li>The individual must isolate at home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement in symptoms. Repeat testing is NOT recommended for making decisions about when people can return to work or school.</li> <li>Siblings, household members, and other close contacts should also follow this chart to determine quarantine length.</li> </ul>	<ul style="list-style-type: none"> <li>Must isolate at home for 10 days from the day the sample was collected.</li> <li>Siblings and household members and other close contacts should also follow this chart to determine quarantine length.</li> </ul>