

# COVID-19: Guidelines for Client/Employee to return to Pediatric Possibilities



Client or Employee	Symptomatic	No Symptoms
<b>Tested and Positive*</b>	<p>Client/Employee must <b>isolate</b> and not return to in clinic sessions for at least <b>10 days</b> since the first symptoms began, <b>AND</b> fever free without fever-reducing medications for <b>72 hours</b>, <b>AND</b> improvement of respiratory symptoms (cough, shortness of breath, etc.)</p> <p>Siblings and family in the same household should follow the “close contact” requirements below.</p> <p>** If you have a weakened immune system and/or were hospitalized for COVID-19, please discuss with physician isolation measures.</p>	<p>Client/Employee must <b>isolate</b> and not return to in clinic sessions for at least <b>10 days</b> since the day the sample was taken, <b>AND</b> provided no symptoms appear.</p> <p>Siblings and family in the same household should follow the “close contact” requirements below.</p>
<b>Tested and Negative</b>	<p><b>If no alternative explanation</b> – Client/Employee must <b>isolate</b> and not return to in clinic sessions for at least <b>10 days</b> since the first symptoms began, <b>AND</b> fever free for <b>72 hours</b>, <b>AND</b> improvement of respiratory symptoms.</p> <p>Consider <b>quarantine</b> and not returning to in clinic sessions for clients/siblings if there are significant concerns for COVID-19.</p>	<p>May continue to come into the clinic</p> <p>EXCEPTIONS: Close contact with a confirmed case must refer to the “close contact” requirements for return to clinic.</p>
<b>Not Tested with Alternate Explanation (as determined by a physician) ** *</b>	<p>Client/Employee cannot return to in clinic sessions until fever free for <b>72 hours</b>, <b>AND</b> improvement of respiratory symptoms, <b>AND</b> must consult with physician to inquire about isolation measures.</p> <p>Consider <b>quarantine</b> and not returning to in clinic sessions for clients/siblings if there are significant concerns for COVID-19.</p>	N/A–
<b>Not Tested without Alternate Explanation</b>	<p>Client/Employee must <b>isolate</b> and not return to in clinic sessions for at least <b>10 days</b> since the first symptoms began, <b>AND</b> fever free for <b>72 hours</b> without fever-reducing medication, <b>AND</b> improvement of respiratory symptoms.</p>	N/A –
<b>Close Contact****</b>	<p>Client/Employee who has been in close contact with someone who <b>tested positive*</b> for COVID-19 <b>with symptoms</b>, must <b>quarantine</b> for <b>14 days</b> since the last close contact. The <b>14 days</b> of quarantine begins at the date of last close contact exposure.</p> <p><i>You can <b>reduce quarantine to 10 days</b> by receiving a <b>negative COVID-19 test</b>. The test must be taken at a <b>minimum of 5 days</b> after exposure.</i></p> <p>Client/Employee may <b>not return</b> to the clinic if someone they have been in close contact with is being <b>tested for COVID-19</b>.</p> <p>This excludes if you have tested positive for COVID-19 in the past 3 months and have no symptoms</p>	
<b>Household Close Contact</b>	<p>If anyone who lives in the household of a client/employee has been in close contact with someone who <b>tested positive*</b> for COVID-19 the client/employee should self-monitor for symptoms, <b>BUT</b> does <b>NOT</b> need to quarantine.</p>	
<b>Not Tested Household Illness</b>	<p>If anyone who lives in the household of a client/employee becomes ill but did not get tested, the family will need to contact their physician to inquire about isolation measures.</p>	
<b>Awaiting Tests Results</b>	<p>Clients/Employees who are tested for COVID-19 must quarantine until they receive the test results. Once the test results are received, follow the scenario that best fits the results. If any other family member in the household is being tested, the client/employee needs to consult with their physician for quarantine measures before coming into the clinic.</p> <p>Consider <b>quarantine</b> and not returning to in clinic sessions for clients/siblings if there are significant concerns for COVID-19.</p>	

\*Either by positive lab test or by a physician clinical diagnosis

\*\*\*Alternate Explanations: strep, influenza, etc.

\*\*\*\*Defined as close contact with someone for cumulative 15 minutes in 24 hours, less than six feet apart, shared eating utensils with person, person coughed on, provided care to someone in their home. Had direct physical contact with someone, sneezed or coughed on you, – even if PPE was worn

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10 days

Client/Employee gets COVID-19 tested at a testing event put on by a community organization. Client/Employee was symptom free when the test was taken. The test comes back positive. The client/employee must **isolate, AND** remain symptom free for **10 days since the sample was taken.**



14 days

Client/Employee gets COVID-19 tested at a testing event put on by a community organization. Client/Employee was symptom free when the test was taken. The test comes back positive. The client/employee starts **isolating** for **10 days** since the sample was taken. Four days into isolation, the client/employee presents with a cough and fever. Now, the client/employee must **isolate** for at least **10 MORE days, AND** remain fever-free for **72 hours, AND** improvement of respiratory symptoms. The client/employee **isolates** for a total of **14 days.**



14 days

Client/Employee tests positive for COVID-19 with symptoms and has siblings who also attend the clinic. If the siblings have symptoms, they should be tested and follow the protocol for a positive or negative test. If the siblings are symptom free, they should **quarantine** and not return to in clinic sessions for **14 days** provided no symptoms appear. Contacts of the siblings are not considered close contacts unless the siblings themselves test positive.



10 days  
72 hours

Client/Employee has a fever, cough, headache, and loss of taste and smell. The client/employee goes to get tested and the test is negative. There is at least a 30% chance of a false negative test. Therefore, the client/employee must **isolate** and not return to in clinic sessions for at least **10 days** since symptoms first began, **AND** fever free for **72 hours, AND** improvement of respiratory symptoms.



72 hours

Client/Employee has a fever and a sore throat with **another explanation** determined by a physician. The client/employee sees their provider (can be telehealth) and believes the patient has another illness and not COVID-19. The client/employee may return to the clinic after 72 hours fever-free and improvement of symptoms or follow physician's directions on isolation.



10 days  
72 hours

Client/Employee has a fever, cough, shortness of breath, and loss of taste and smell (or other common symptoms of Covid-19 per CDC. Client/Employee does not want to get a COVID-19 test. (It is highly recommended to be tested for COVID-19 so proper precautions can be followed.) Client/Employee must **isolate** and not return to in clinic sessions for at least **10 days** since symptoms first began, **AND 72 hours** fever-free without fever-reducing medication, **AND** improvement of respiratory symptoms.

**Close contact defined as:** contact within six feet for a cumulative 15 minutes in 24 hours, or shared eating utensils with a person, or provided care to someone in their home, or had direct physical contact with someone that sneezed or coughed on you that has tests positive for COVID-19, – even if PPE was worn

**Guidelines Based on:**

“Interim Guidance for businesses and employers responding to Coronavirus 2019- May 2020” - CDC

“Guidance on preparing workplaces for Covid-10” – U.S. Depart of Labor – OSHA 3990-03-2020

“Strong School NC Public health Tool Kit Interim Guidance – September 4, 2020

CDC guidelines for Schools – September 15, 2020

“Options to reduce quarantine....” December 2, 2020

