

Pediatric Common Clinical Scenarios

The Health Department will consult with you on COVID containment issues for your facility. Here are common clinical scenarios.

What are COVID-19 symptoms?

- Symptoms of COVID-19 are: are fever, chills, muscle pain, headache, sore throat, nausea/vomiting, diarrhea, fatigue, congestion/runny nose, new or persistent cough, shortness of breath, new loss of sense of smell, new loss of sense of taste, *difficulty breathing, *confusion, *persistent chest pain or pressure, *cyanosis (pale gray or blue skin, lips, or nail beds), *inability to awaken or stay awake. *These symptoms are very concerning and should be evaluated immediately by a healthcare provider.

My child is a positive case. May their sibling return to school?

- A sibling of a positive household case may return to school under either mask to stay or test to stay, regardless of vaccination status of either sibling

My child was exposed to a positive case in school. I'd like them to participate in test to stay. I received free over-the-counter tests from the government. May I use these tests and perform them at home?

- You should follow your school's protocol for participating in test to stay. Some schools have what's called a CLIA waiver which allows someone on site to perform professional tests. Other schools do not, but in that case an FDA authorized over-the-counter rapid test (including those received free from the federal government or bought at a pharmacy) may be used. These tests may be performed either at school or at home.

My child was exposed to a positive case at a slumber party. Do they have to quarantine, or may they participate in either mask to stay or test to stay?

- A child exposed to a positive case at home or in the community may participate in mask to stay or test to stay, regardless of vaccination status.

I have COVID-19 symptoms. I have been exposed to someone with COVID-19.

- A probable case is when someone has been exposed to COVID-19 AND develops COVID symptoms. Probable cases have a higher risk of spreading COVID-19 to others. COVID testing is strongly recommended. You may return to school after any of the following are true:
 - You test negative for COVID-19 and, you meet the school's normal criteria for return after an illness. If your school is Quarantining close contacts, you MUST still complete quarantine because of your exposure history. Options other than quarantine may be possible as well. Please see "I have been notified I am a close contact in a school setting." OR
 - A clinician has evaluated you and documented an alternative diagnosis. If your school has chosen the option to quarantine, you will need to complete quarantine because of your exposure history. Please see "I have been notified I am a close contact in a school setting." OR
 - If ALL the following are true:

- you have followed the guidance based on the strategy your school has chosen, AND
- you don't have a fever for at least 24 hours without taking fever-reducing medicines, AND
- symptoms are improving (some mild symptoms may linger).
- COVID-19 shares many symptoms with other potentially contagious conditions. Even if you are not diagnosed with COVID-19, you should still follow your school's normal illness policy.

I have COVID-19 symptoms. I have received my primary series of COVID-19 vaccine.

- Symptoms like fever, fatigue, headache, chills, myalgia, and pain in joints, may occur following COVID vaccination, usually within the first three days of vaccination. COVID symptoms that are atypical after vaccination (like cough, shortness of breath, runny nose, sore throat, loss of taste or smell should not be attributed to the COVID vaccine. COVID vaccination does not cause a positive COVID test so a positive test should not be attributed to vaccination.
- Although COVID vaccines are effective in preventing severe illness, it is still possible to get milder COVID-19 and pass it on to others. If you have symptoms concerning for COVID, testing is strongly recommended. Testing for vaccinated individuals should be done 5-7 days after exposure
- You may return to school after any of the following are true:
 - You test negative for COVID-19. You must meet the school's normal criteria for return after an illness. OR
 - A clinician has evaluated you, documented an alternative diagnosis, and verifies that you may return to school. A positive COVID test should NOT be attributed to vaccination. OR
 - If ALL the following are true:
 - If your school can implement all the mitigation practices and is opting for the shortened isolation/quarantine guidance, you have quarantined for at least 5 days, can wear a mask for an additional 5 days OR, if your school cannot implement all additional layered mitigation measures, 10 days have passed since symptoms have developed AND
 - you don't have a fever for at least 24 hours without taking fever-reducing medicines AND
 - symptoms are improving (some mild symptoms may linger).
- COVID-19 shares many symptoms with other potentially contagious conditions. Even if you are not diagnosed with COVID-19, you should still follow you school's normal illness policy.

I tested positive for COVID-19. I am NOT immunocompromised. I do NOT have severe COVID-19.

- A case is when someone tests positive for COVID-19.
- If your school has opted for shortened isolation guidance:

- If you do not have any symptoms, stay home and isolate for 5 days, return to school on day 6 and strictly mask until day 10 after positive test. (Day 0 is the day the test was collected.)
- If you develop symptoms, stay home and isolate for 5 days from symptom onset (if symptoms develop after positive test, isolation period starts over when symptoms develop). You may return to school on day 6 IF symptoms have improved and you have remained fever-free without fever reducing medications for 24 hours. Continue strict mask-wearing for an additional 5 days.
- If you develop symptoms that are NOT improving after 5 days of symptom onset, continue to isolate at home until symptoms are improving and you are fever free for 24 hours without fever reducing medications.
- If your school is not implementing shortened isolation guidance:
 - Isolate at home for 10 days. You may return to school 10 days after symptoms started, if you don't have a fever for at least 24 hours without taking fever-reducing medicines, and symptoms are improving (some mild symptoms may linger). If you do not have symptoms, you may return to school 10 days after the COVID test was performed.

I tested positive for COVID-19. I am immunocompromised or I have had severe COVID-19.

- This is still considered a case. Please consult CDC guidance, the Health Department, or your medical provider to determine if you are considered SEVERELY immunocompromised or have had severe COVID-19. If you are SEVERELY immunocompromised or have had severe COVID-19, isolation should be extended to, at least 20 days.

I tested positive for COVID-19. I have previously tested positive for COVID-19.

- If the two test dates are greater than 90 days apart, the second test is considered a new case, and you should isolate. Please refer to the instructions for isolation above.
- If the test dates are between 30 and 90 days, you do not need to isolate but you should monitor your symptoms. If you develop symptoms, you should be evaluated by a medical provider.

I tested positive for COVID-19. I have been vaccinated.

- A breakthrough case is when someone who is up to date with their COVID-19 vaccines is diagnosed with COVID. A breakthrough case is treated the same as a case. Please see "I tested positive for COVID-19" above. Vaccination does NOT cause someone to test positive for COVID-19.

I tested positive for COVID-19. I am an essential worker.

- This is still considered a case. Please see guidance above. Healthcare workers follow separate guidance. Read more about Healthcare Worker [Guidance](#). Please reach out to PDPH if your question pertains to a healthcare worker.

I tested positive for COVID-19. I was wearing a mask while at school.

- This is still considered a case. Please see guidance above.

Who is considered a close contact in a school setting?

- Regardless of facemask use, students, teachers, and staff who were within 6 feet apart from the individual with COVID-19 for a total of 15 minutes or more during the infectious period are **close contacts**
- The infectious period of a positive individual (during which a **close contact** can be exposed to COVID-19) starts 2 days before their positive test or 2 days before symptoms onset.

What are the criteria for pausing in-school instruction and activities?

- If 10% of a school's population is positive, contact PDPH for further guidance and possible pauses.

I have been notified I am a close contact in a school setting. I have tested negative for COVID-19.

- If you are required to quarantine for 10 days (based on vaccination status and school guidance), your quarantine may be shortened to 7 days if the student/staff member tests negative for COVID-19. The test should be done 5-7 days after exposure and no more than 48 hours before they plan to leave quarantine. A negative test prior to this timeframe does not qualify you for a shortened quarantine period. See [calculating isolation and quarantine period \(PDF\)](#). Test to stay may apply.
- Your school may choose mask to stay or test to stay instead of quarantine. See [Schools \(K-12\) Guidance](#) or [Early Childhood Education Guidance](#) for more information on those options.

I have been notified I am a close contact in a school setting. I have been vaccinated.

- You do NOT need to quarantine or participate in test to stay after **close contact** with someone with COVID-19 if the following are true:
 - You do not have any symptoms of COVID-19 illness AND
 - You are 18 years or older and received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people OR
 - You are 12-17 years old and completed the primary series of COVID-19 vaccines OR
 - You had confirmed COVID-19 within the last 90 days (tested positive using a viral test).
- However, you DO need to quarantine or participate in an alternative strategy chosen by your school after close contact with someone who is positive if ANY of the following are true:
 - You are 18 years or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible.
 - You have received a single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.

- You are not vaccinated or have not completed a primary vaccine series.
- You are 2-11 years old, regardless of vaccination status
- Regardless of vaccine status, if testing is available, you should get tested 5–7 days after exposure to a case.
 - Children less than 2 years old and those unable to mask must quarantine for the full 10 days.
- For 10 days after exposure or until a negative test result, all individuals should wear a mask and abstain from activities that would require unmasking with the exception of distanced meal breaks and mask breaks.

I have been notified I am a close contact in a school setting. I have symptoms.

- A probable case is when someone has been exposed to COVID-19 AND develops symptoms. Please see “I have COVID symptoms. I have been exposed to someone with COVID-19.” above.

I have been notified I am a close contact in a school setting. I have been vaccinated. I have symptoms.

- Although COVID vaccines are effective in preventing severe illness, it may still be possible to get milder COVID-19 and pass it on to others. You should still be evaluated for a COVID-19 and be tested.
- Please see “I have COVID- symptoms. I have been vaccinated.” above for criteria to return to school.

I’m a student who lives in the same household with my mom (or other family member) She tested positive for COVID-19. I am not vaccinated. I do not have any symptoms. (The student has an ongoing exposure to this household member.)

- If a school is opting for mask to stay or test to stay, the student must mask in school for the entire isolation period of the household member and for an additional 7 days (with testing) or 10 days (no testing) after that household member’s isolation period ends, regardless of vaccination status of student.
- If a school is requiring quarantine instead of one of the alternatives, individuals in the below groups with an ongoing household exposure must quarantine while the person with COVID-19 is isolating AND for an additional 10 days (standard) or an additional 5 days after the person with COVID-19 ends isolation. In the 5-day option the student must mask in school for an additional 5 days after that household member’s isolation period ends.
 - All individuals aged 2-11 regardless of vaccination status.
 - Individuals aged 12-17 who have NOT completed the two-dose primary vaccination series.
 - Individuals aged 18 or older who are NOT up to date on vaccinations.
- In both of the above cases, quarantine and masking may be shortened to 7 days with a negative test on or after day 5. Children less than years of age or those unable to mask must quarantine for the full 10 days.

I am a close contact of a close contact.

- A secondary contact is someone who was in **close contact** with someone else who was exposed to COVID. For example, this could be the classmate of an asymptomatic student whose sibling has COVID. Quarantine is not recommended for secondary contacts.
- However, recommendations may change if the primary contact ends up becoming symptomatic or tests positive for COVID.

I am not up to date on my vaccinations. Can I still participate in school sports?

- PDPH guidance does not prohibit those who are not vaccinated or are not up to date with vaccination from participation in sports.
- Some schools may have stricter policies regarding vaccination and participation in certain extracurricular activities.