

# UPDATED PUBLIC HEALTH GUIDELINES

The Los Angeles County Department of Public Health has aligned with the California Department of Public Health to update the COVID-19 Protocol and Exposure Management Plan Guidance in TK-12 schools (Appendices T-1 and T-2).

## Guidelines for confirmed COVID-19 cases

- Students with confirmed COVID-19 infection **MUST ISOLATE** (stay home and away from others) through at least Day 5. While in isolation follow all isolation instructions, regardless of their vaccination status, history of previous infection, or lack of symptoms. This is in alignment with EC 49451 as well as CCR Title 5, Section 202 and CCR Title 17, Section 2526.
- Students with COVID-19 may end isolation after Day 5 (i.e., between Day 6-10) if both of the following criteria are met:
  1. No fever for at least 24 hours without the use of fever-reducing medicine, AND
  2. Other symptoms are not present, or symptoms are mild and improving. It is **strongly recommended** that an individual test negative (with an antigen test) for COVID-19 prior to ending isolation between Day 6-10 to reduce the chance of infecting others with COVID-19.
    - Should a student meet the criteria to leave isolation after Day 5, the student **should** continue to wear a well-fitting mask indoors around others, except when eating or drinking, through Day 10. The student may stop wearing their mask sooner (between Day 6-10) if they have two sequential negative COVID-19 tests taken at least one day apart.

At any time persons with symptoms of possible COVID-19 infection, regardless of vaccination status or previous infection should isolate and test for COVID-19.

## Guidelines for close contacts

- **Asymptomatic (those without symptoms)** close contacts **do not need to stay home** away from others but **should** take the following actions to lower the risk of spreading COVID-19 to others:
  1. Wear a well-fitting mask while around others through Day 10 from the last known date of exposure, especially in indoor settings.
  2. Test for COVID-19 between Days 3-5 after the last date of exposure.
    - Close contacts who recently tested positive for COVID-19 within the prior 30 days do not need to be tested unless symptoms develop.
    - Close contacts who recently tested positive for COVID-19 in the past 31-90 days **should** use an antigen test.
    - Close contacts who are, or live with persons, at higher risk for severe illness are recommended to test as soon as possible after exposure. If testing negative before Day 3, re-test during the 3-5-day window following exposure, with at least 24 hours between the first and second test.
    - Close contacts who test positive for COVID-19 stay home away from others and follow the instructions for a confirmed COVID-19 case.
  3. Close contacts **should monitor their health for symptoms** for 10 days after the last date of exposure. If symptoms develop, stay away from others and test immediately. If the test is positive, they stay home away from others and follow the instructions for a confirmed COVID-19 case.

Thank you for supporting these measures. Please contact your school health office with any questions or to report COVID-19 cases. Appendices T-1 and T-2 can be found on the BUSD website.