

CECC- COVID-19 SYMPTOM GUIDANCE - updated

If exposure at Central all affected persons would be contacted individually. If documented positive case at ECC all families/Staff would be notified. It would be our intent to only quarantine where required. This could be an individual or family, an entire classroom or multiple classrooms. Our first step will be to contact the Kansas City Missouri Health Department and our licensing body and follow their recommendations. All protocols are subject to change as we learn more about COVID-19. Information compiled from Children’s’ Mercy, KCMO health department, and CDC resources.

What to do if a student/staff has symptoms of COVID-19: as of 1/24/22

Exposure	High Risk Symptoms	Moderate-Risk Symptoms
To a person with COVID-19	<ul style="list-style-type: none"> • New cough • Difficulty breathing/shortness of breath • Loss of taste or smell 	<ul style="list-style-type: none"> • Fever (of 100) or chills • Congestion/runny nose • Nausea/vomiting/diarrhea • Sore throat • Headache • Muscle or body aches • Other signs of illness
Screening results	Does the person require a COVID-19 test?	When can person return to school?
1 moderate-risk symptom And No COVID-19 exposure	NO	Return to school 24 hours after fever/symptom resolution non medicated.
1 high risk symptom Or 2 or more moderate risk symptoms And No COVID-19 exposure	YES	<p>Negative COVID-19 Test: Return to school 24 hours after fever/symptom resolution. Non-medicated.</p> <p>Positive COVID-19 Test or NO test: Return to school at least 24 hours since resolution of fever/symptoms And At least 10 days have passed since symptoms first appeared. See how to calculate 10 days of isolation below.</p>
Exposure to a person with COVID-19 with or without symptoms.	<p>Advised based on local resources.</p> <p>(No test or quarantine if no symptoms and: fully vaccinated or had confirmed Covid 19 within the last 90 days.)</p>	<p>Person quarantines for 10 days from last exposure to a person with confirmed/suspected COVID-19. Last day of exposure = “Day 0”, so calculate the 10-day quarantine starting the following day. (i.e.: Exposed or symptoms begin on 1/1/22, this is “Day 0”, quarantine begins on 1/2/22 and would end on 1/11/22 so person could return to school on 1/12/22, as long as symptom free for 24 hrs.) If person develops high or moderate risk symptoms during quarantine, they need to be evaluated for COVID-19 then follow protocol for matching test result.</p>

The following list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-10 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea