

## COVID-19 Exposure Management Plan Guidance in TK-12 Schools: Appendix T2

**Recent Updates:** (Changes highlighted in yellow)

**4/20/2022**

- Updated the definition of a COVID-19 close contact in alignment with updated California State guidance.
- Updated quarantine guidance to clarify that while asymptomatic students with an exposure are not required to quarantine, in order to remain on campus, they are required to test within 3-5 days after last exposure and mask around others, except while eating or drinking for 10 days after last exposure. These updated masking and testing requirements for asymptomatic exposed students will go into effect on May 4, 2022.

A targeted public health response to contain COVID-19 exposures at a community-level can help maximize the impact of the Los Angeles County Department of Public Health (DPH) COVID-19 response.

Primary and Secondary Schools serving students from Transitional Kindergarten through Grade 12 (TK-12 Schools) are trusted community partners that can help DPH improve the timeliness and impact of the Public Health response through rapid initiation of a COVID-19 Exposure Management Plan (EMP). Immediate implementation of an EMP when a single case of COVID-19 is identified at a school can accelerate the ability to contain the spread of infection and prevent outbreaks from occurring.

The steps for managing exposures to 1, 2, and 3 or more COVID-19 cases at TK-12 Schools are described below and summarized in Appendix A. Because TK-12 Schools will vary in the level of resources available for COVID-19 exposure management, *required* steps are the minimum elements that must be included in the EMP. *Recommended* steps include optional elements for exposure management where school resources are sufficient. The requirements and recommendations presented are specific to TK-12 instructional and non-instructional facilities serving TK-12 Schools. For the purposes of this plan, the word “School” applies to both TK-12 instructional and non-instructional facilities. Additional resources for TK-12 Schools can be located in the [TK-12 School COVID-19 Toolkit](#).

### Exposure Management Planning Prior to Identifying 1 COVID-19 Case at School

- ❑ **Required:** A designated School COVID-19 Compliance Officer that is responsible for establishing and enforcing all COVID-19 prevention and exposure management protocols and ensuring that staff and students receive education about COVID-19. A designated COVID-19 Compliance Officer who serves as a liaison to DPH for sharing site-level information to facilitate public health action.
- ❑ **Required:** A plan for all students, employees, and visitors who (1) have symptoms consistent with COVID-19, (2) **were** exposed at school, or (3) are at a school with an active public health investigation to have access to testing or be tested for COVID-19.
- ❑ **Required:** A plan to report all known COVID-19 hospitalizations and/or deaths among students or staff to DPH by sending a notification to [ACDC-Education@ ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov).
- ❑ **Recommended:** Seating charts in classrooms and participant rosters for students and staff participating in school extracurricular programs to facilitate identification of close contacts of persons

with COVID-19 at the school.

- ❑ **Recommended:** If a school elects to implement an asymptomatic screening testing program, staff and students that are not fully vaccinated should be prioritized for regular testing as an important part of identifying infections early to prevent transmission on campus. Fully vaccinated individuals may be considered for asymptomatic screening testing programs if there is sufficient testing capacity. School screening testing programs should use an FDA-authorized viral COVID-19 test, including a Nucleic Acid Amplification Test (NAAT, such as PCR) or an Antigen test, that is collected and performed in a healthcare setting or certified testing site. An FDA-authorized Over-the-Counter test (or at-home test) is acceptable for use in COVID-19 school screening testing programs. Note, unverified Over-the-Counter test results cannot be used to fulfill required testing for school employees under the [California State Health Officer Order](#).
- ❑ **Recommended:** Schools are advised to apply DPH guidance on [Decision Pathways](#) for persons who have not been tested yet for COVID-19 but screen positive for symptoms prior to school entry or while at school.

### Exposure Management for 1 COVID-19 Case at School

- ❑ **Required:** After identifying 1 confirmed COVID-19 case on campus, the School Compliance Officer instructs the case to follow Home Isolation Instructions for COVID-19 ([ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation)). NOTE: a confirmed COVID-19 case is an individual who has a positive COVID-19 test. Refer to sample [isolation instruction notification](#) (posted on [ph.lacounty.gov/EducationToolkitTK12](https://ph.lacounty.gov/EducationToolkitTK12)) for a model that can be adapted (see Template #1).
  - Students and staff with COVID-19 can end isolation after Day\* 5 ONLY if all of the following criteria are met: 1. A COVID-19 viral test\*\* collected on Day 5 or later is negative, and 2. No fever for at least 24 hours without the use of fever-reducing medicine, and 3. Other symptoms are improving --or-- Isolation can end after Day 10 if both these 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 are improving. \*For symptomatic students and staff, Day 0 is the first day of symptoms; Day 1 is the first full day after symptoms develop. For asymptomatic students and staff, Day 0 is the day the first positive test was collected; Day 1 is the first full day after the positive test was collected. \*\*The test must be an FDA authorized viral test (e.g., PCR or Antigen test, including at-home tests). An antigen test is preferred for testing out of isolation.
  - While in isolation, students and staff must wear a [highly protective mask](#) around others, except when eating or drinking. If a student meets the criteria to leave isolation after Day 5, it is **strongly recommended** that they wear a [highly protective mask](#) around others, except when eating or drinking. Staff with COVID-19 are **required** to wear a highly protective mask in the workplace around others, except when eating or drinking, for 10 days after the positive test.
  - NOTE: For staff, per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS), testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor. Additionally, staff may request masks and respirators from their employer at no cost to staff. See [Wear a Mask and Know your Rights](#) for more information.
- ❑ **Required:** The Compliance Officer works to identify all **persons** in the school with an exposure to the confirmed positive case during their infectious period (Close Contacts).
  - A case is considered to be infectious from 2 days before their symptoms first appeared until their isolation ends, as described in the Home Isolation Instructions for COVID-19

([ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation)). A person with a positive COVID-19 test but no symptoms is considered infectious from 2 days before their test was taken until their isolation ends.

- Close Contact: **Persons are** considered to have been exposed to a case (**close contact**) during the infectious period if they shared the same indoor airspace at school with the infected person for 15 minutes or more over a 24-hour period. **NOTE: persons with an outdoor exposure at school are not considered close contacts.**
- ❑ *Required:* The School Compliance Officer must notify DPH of employees, children, and visitors with confirmed COVID-19 who were on campus at any point within the 14 days prior to the illness onset date (school-associated case).
- ❑ *Required:* All school-associated COVID-19 cases should be reported online through the secure web application: <http://www.redcap.link/lacdph.educationsector.covidreport>. If online reporting is not possible, reporting can be done manually by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and sending it to [ACDC-Education@ ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov). All case notifications should be submitted within 1 business day of being notified of the case.
  - Schools that need assistance on COVID-19 case reporting or other exposure management processes can call the TK-12 School COVID-19 Case Reporting Call Center, Monday through Friday from 8:00AM to 5:00PM. School administrators that do not have the Call Center number should contact [ACDC-Education@ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov) for the number.
- ❑ *Required:* All **close contacts** to a COVID-19 positive case at school are notified by the School Compliance Officer of the exposure **and provided with actions to take.**
  - Notification can be done using an individual notification method where individuals are notified of their exposure and actions to take. Refer to sample [individual exposure notification letter](#) (posted on [ph.lacounty.gov/EducationToolkitTK12](http://ph.lacounty.gov/EducationToolkitTK12)) for a model that can be adapted (see Template #2).
  - Notification may also occur using a group notification method where members of relevant groups in which exposure occurred (e.g., classmates, teammates, cohorts) are notified of their exposure as a group and actions to take. Refer to sample [group tracing exposure notification letter](#) (posted on [ph.lacounty.gov/EducationToolkitTK12](http://ph.lacounty.gov/EducationToolkitTK12)) for a model that can be adapted (see Template #3).

Action for close contacts who are required to quarantine\*

- The following close contacts are required to quarantine:
  - **Asymptomatic** staff who are not **up to date on their COVID-19 vaccines** (unvaccinated, not fully vaccinated, or **fully vaccinated** but not boosted if eligible\*)
  - \*NOTE: Asymptomatic fully vaccinated staff who are not boosted (if eligible) **but required to quarantine** may remain on site at the workplace (school) during the quarantine period, however they are **required** to test\* once within 3-5 days after the last exposure date. Requirement to quarantine continues to apply to all settings other than the workplace as outlined in the immediate section below. This guidance is outlined in Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS).
- **Unless they meet the criteria for remaining on site at school, staff** close contacts who are required to quarantine must self-quarantine (stay in their home or another residence, separate from others) and monitor for symptoms as outlined in [Quarantine and Other Instructions for Close Contacts](#). As long as symptoms of COVID-19 are not present, they may end quarantine either:

- After 10 full days have passed from their last known contact to the infectious case (as defined above). Activities may resume starting on Day 11 provided they are asymptomatic; OR
- After 5 full days have passed from their last known contact to the infectious case if they have a negative viral test result from a specimen collected on Day 5 from the date of last exposure to the case. Activities may resume starting on Day 6. The test must be an FDA-authorized viral COVID-19 test (e.g., NAAT or Antigen test, including at-home tests). If the test is positive, follow Home Isolation Instructions for COVID-19 ([ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation)).
- NOTE: For staff, per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS), testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- Regardless of when quarantine ends, close contacts **who are required to quarantine** must continue to monitor their health and are **required** to wear a [highly protective mask](#) around others, except when eating or drinking, for 10 days after the last date of exposure. Staff may request masks and respirators from their employer at no cost to staff. See [Wear a Mask and Know your Rights](#) for more information. If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay home. If the test is positive, follow Home Isolation Instructions for COVID-19 ([ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation)).

Action for identified close contacts who are not required to quarantine\*

- The following close contacts are not required to quarantine provided they remain asymptomatic:
  - **Students, regardless of vaccination status**
  - Staff who are [fully vaccinated](#) and not eligible for a booster
  - Staff who are [fully vaccinated](#) and boosted, if eligible
  - \*NOTE: Asymptomatic students and staff close contacts who were previously infected with SARS-CoV-2 within the last 90 days are not required to quarantine and exempt from testing, regardless of vaccination status.
- Close contacts who are not required to quarantine may remain **on campus** if they meet the following requirements: (1) monitor for symptoms; (2) wear a [highly protective mask](#) around others, except when eating or drinking, for 10 days after the last date of exposure; (3) test with an FDA-authorized viral COVID-19 test (e.g., PCR or Antigen test, including at-home tests) within 3-5 days since the last date of exposure.
  - If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay home. If the test is positive, follow Home Isolation Instructions for COVID-19 ([ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation)).
  - Staff may request masks and respirators from their employer at no cost to staff. See [Wear a Mask and Know your Rights](#) for more information.
  - Per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS), testing that is required for employees to return to work must be provided free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor. See Cal-OSHA [Testing FAQs](#) to learn



more.

- ❑ **Required:** Schools are required to have a plan to facilitate COVID-19 response testing for persons who have an exposure at school. Staff and students who are tested must inform the school of the test results. Testing resources include: School Testing Programs, Employee Health Services or Occupational Health Services, Student Health Center, Personal Healthcare Providers, LA City and County Testing Sites: [covid19.lacounty.gov/testing](https://covid19.lacounty.gov/testing), and [Community-Based Testing Sites](#) (local health centers and pharmacies). Individuals who need assistance finding a medical provider can call the LA County Information line 2-1-1, which is available 24/7.
- ❑ **Required:** Employees with a campus exposure should follow guidance outlined in Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) Isolation and Quarantine section. However if an employee's quarantine period ends before they meet [Cal/OSHA's criteria for return-to-work](#), they may return to the Worksite(s) as soon as they have cleared quarantine per the [Health Officer Quarantine Order](#). A summary of requirements is provided in the Public Health guidance document on [Responding to COVID-19 in the Workplace](#). Per Cal/OSHA ETS, testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- ❑ **Recommended:** The School Compliance Officer will determine whether additional notification is needed to inform the wider school community about the school exposure and precautions being taken to prevent spread of COVID-19. Refer to sample [general notification letter](#) (posted on [ph.lacounty.gov/EducationToolkitTK12](https://ph.lacounty.gov/EducationToolkitTK12)) for a model that can be adapted (see Template #4).

#### Exposure Management for 2 COVID-19 Cases at School within a 14-day Period

- ❑ **Required:** After identifying 2 confirmed cases within a 14-day period, the school follows the *required* steps for 1 confirmed case.
- ❑ **Recommended:** The School Compliance Officer consults with Public Health to determine whether the 2 cases are epidemiologically linked, meaning that the two affected individuals were both present at some point in the same setting during the same time period while either or both were infectious.\* Schools should contact DPH for assistance in determining whether cases are epidemiologically linked by emailing [ACDC-Education@ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov) or by calling the TK-12 School COVID-19 Case Reporting Call Center.

*\*A case is considered to be infectious from 2 days before symptoms first appeared until isolation ends. A person with a positive COVID-19 test but no symptoms is considered to be infectious from 2 days before their test was taken until isolation ends.*

Determination of epidemiological links between cases may require further investigation to assess exposure history and identify all possible locations and persons that may have been exposed to the case while infectious at the site. NOTE: Epidemiologically linked cases include persons with identifiable connections to each other such as sharing a physical space (e.g., in a classroom, school event, sports team, other extracurricular activities, school transportation, office site), indicating a higher likelihood of linked spread of disease in that setting rather than sporadic transmission from the broader community. If epidemiological links exist, DPH will advise the school on important steps to take and communications to students and employees on precautions to take to prevent further spread at the school, including implementation of site- specific interventions for infection control.

**Exposure Management for  $\geq 3$  COVID-19 Cases at School within a 14-day Period**

- ☐ **Required:** If the school identifies a cluster of 3 or more confirmed cases within a 14-day period, the school should proceed with the following steps:
- Report the cluster immediately to DPH by calling the TK-12 School COVID-19 Case Reporting Call Center or by submitting a report online at: <http://www.redcap.link/lacdph.educationsector.covidreport>. If online reporting is not possible, reporting can be done manually by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and sending it to [ACDC-Education@ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov).
  - **Outbreak Criteria:** At least 3 confirmed cases of COVID-19 within a 14-day period of each other in a specified group\* with members who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the campus.  
  
\*Specified groups include persons that share a common membership at school (e.g., classroom, school event, sport teams, other school extracurricular activities, school transportation, office site). Epidemiological links require the infected persons to have been present at some point in the same setting during the same time period while infectious.
  - **NOTE:** For overnight camps, a “household cohort” means cabinmates (campers and staff) who are staying together in a cabin, bunkhouse, or similar space. **Confirmed cases that are part of the same household cohort are not counted separately toward meeting outbreak criteria.** Additional guidance regarding overnight camps is located in the [Reopening Protocol for Overnight Organized/Children’s Camps: Appendix K-1](#).
    - If outbreak criteria are not met, DPH will advise the school to continue with routine exposure management.
    - If outbreak criteria are met and DPH recommends an outbreak response, DPH will notify the school that an outbreak investigation has been activated and a public health investigator will communicate directly with the school to coordinate the response.

## Appendix A: Steps for Managing Exposures to COVID-19 Cases at School

1 Case	<ol style="list-style-type: none"> <li>1) <i>Required:</i> School notifies case to follow isolation instructions.</li> <li>2) <i>Required:</i> School works with DPH to identify school contacts. Schools can call the TK-12 School COVID-19 Case Reporting Call Center for assistance with identification of close contacts and exposure management.</li> <li>3) <i>Required:</i> School identifies and notifies school contacts of exposure.</li> <li>4) <i>Required:</i> School submits a report to DPH with information on the confirmed case.</li> <li>5) <i>Recommended:</i> School sends general notification to inform the school community of the school exposure and precautions taken to prevent spread.</li> </ol>
2 Cases	<ol style="list-style-type: none"> <li>1) <i>Required:</i> Follow required steps for 1 confirmed case.</li> <li>2) <i>Recommended:</i> If the 2 cases occurred within 14 days of each other, <i>school consults with DPH to determine whether the cases have epidemiological (epi) links.</i> If epi links exist, school implements additional infection control measures. Schools can call the TK-12 School COVID-19 Case Reporting Call Center or email: <a href="mailto:ACDC-Education@ph.lacounty.gov">ACDC-Education@ph.lacounty.gov</a> for assistance in determining whether cases have epidemiological links.</li> </ol>
3+ Cases	<ol style="list-style-type: none"> <li>1) <i>Required:</i> If a cluster of 3 or more cases occurred within 14 days of each other, the school immediately notifies DPH by calling the TK-12 School COVID-19 Case Reporting Call Center or reporting online at: <a href="http://www.redcap.link/lacdph.educationsector.covidreport">http://www.redcap.link/lacdph.educationsector.covidreport</a>.</li> <li>2) <i>Required:</i> DPH determines if the outbreak criteria have been met. If a DPH outbreak investigation is activated, a public health investigator will contact the school to coordinate the outbreak investigation.</li> </ol>