

COVID-19 Screening Flowchart

Middle Twp. Public Schools

This flowchart will be used for health staff to provide guidance on a student who may present to the school nurse with COVID-19 like symptoms. This does not replace judgment based on identified findings

Possible Pediatric COVID-19 Signs or Symptoms:

- Fever
- Cough
- Nasal congestion or rhinorrhea
- Sore throat
- Shortness of breath
- Diarrhea
- Nausea or vomiting
- Fatigue
- Headache
- Myalgia
- Poor feeding or poor appetite
- Other: rash, red eyes, cracked/swollen lips, red/swollen tongue, swelling hands/feet, stomach pain

Student or Staff Presents to Nurse with Symptoms (mask student)

VERBAL

When did symptoms start?
Recent travel?
Recent exposure to someone?

VISUAL

Flushed cheeks, rapid breathing or difficulty breathing, fatigue, extreme fussiness, and coughing

PHYSICAL (PPE)

Temperature >100
Or
Pulse Ox <98%

Verbal, Visual, Physical Concerns are Out of Range

NO

Allow to rest for 10 minutes

Improving?

YES

Back to Class

YES

1. Isolate;
2. Send Home;
3. Advise to call Doctor

NO

CALL EMS if

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

- **Follow-up** with student/family or staff
- **Notify** County Health Dept. for suspected COVID-19 cases: 609-465-1187



Timeframe for Self-Isolation/Quarantine based on Testing Result

The purpose of **quarantine** is to keep people who might have been exposed (but not sick) to COVID-19 away from others. **Isolation** is to keep sick people and those infected with the COVID-19 virus away from those who are not infected. Self-quarantine/isolation are voluntary practices to reduce the spread of COVID-19.

It is expected that any person getting a COVID-19 diagnostic test (nasal swab or saliva) will self-quarantine after specimen collection AND are advised of the results of their test, unless otherwise directed by those administering the test. These recommendations are not for individuals who got serologic test (antibody). Depending on the test result, see below for the length of time that the individual should self-isolate/self-quarantine.

	Symptomatic Tested +	Symptomatic Tested –	Asymptomatic Tested +	Asymptomatic Tested –	Asymptomatic Tested –	Asymptomatic Not/Never tested
				No COVID-19 household* or close contacts*	But is a household contact* or close contact*	But is a household* or close contact*
Timeframe for Self-Quarantine or Self-isolation	72 hours (3 full days) fever-free without use of fever-reducing medications AND improvement in respiratory symptoms AND 10 days since symptoms first began (whichever is longer)	At least 72 hours (3 full days) after symptoms go away	10 days after specimen collection, assuming no symptoms develop [^]	No self-quarantine days required	14 days from last known exposure with the COVID-19 + person NOTE: Self-quarantine for individuals with household contacts who are COVID-19 positive begins AFTER the end of self-isolation of the household contact ends	

* **Household contacts** are individuals who live in the same house as a lab confirmed COVID-19 case. **Close contacts** are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.

[^]Asymptomatic positive individuals who develop symptoms during their self-quarantine timeframe, should self-isolate and refer to the Symptomatic, Tested + column.

NOTE: Recommendation for self-isolation/quarantine is to stay/sleep in a separate room from others living in the home and use separate bathroom (if possible). This includes not being in close contact with household members (i.e., not sharing meals and spending time together in common areas) or going to work or out in public other than for health care. Wash hands often and clean and disinfect household items.

NJ Residents who Tested Negative for COVID-19: Instructions & Next Steps

Question	Instructions
<p>I had symptoms and tested negative for COVID-19.</p>	<p>If you tested negative for COVID-19 but are currently experiencing symptoms, the recommendation is to stay home and practice social distancing until 72 hours after your fever has ended without the use of fever reducing medications and other symptoms improve. After this time, you may resume regular activities. It is recommended that everyone wears a face covering when in public spaces. This protects you from anyone who may not feel sick (but might be asymptomatic) and able to spread the virus to others. Wash hands and clean and disinfect high-touch surfaces often.</p>
<p>I have no symptoms and tested negative for COVID-19 but <u>live with someone</u> who is COVID-19 positive.</p>	<p>Even though you tested negative and have no symptoms, living with a person with COVID-19 means that you may be exposed to the virus. For this reason, it is recommended that you monitor yourself for symptoms. The person who lives with you has a self-isolation of 10 days from the time symptoms began AND 72 hours (or 3 full days) being fever-free without fever reducing medicine. You are recommended to self-quarantine for 14 days AFTER their self-isolation ends. This is because it may take 2-14 days for symptoms to develop.</p>
<p>I have no symptoms and tested negative for COVID-19 but was told I am a <u>close contact</u> of a person who is COVID-19 positive. Now what?</p>	<p>If you were identified as being a close contact of a COVID-19 person, it is recommended that you self-quarantine for 14 days from the last date of exposure with the person, even if you tested negative. This is because it may take 2-14 days for symptoms to develop. While you are self-quarantining, monitor yourself for symptoms. Close contacts are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.</p>
<p>What if I tested negative but still feel sick?</p>	<p>If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. If your symptoms worsen or don't get better after several days, you should call your health care provider. You should not return to work/school or go to public places until 72 hours (3 full days) after your fever has ended without the use of fever-reducing medications and other symptoms have improved.</p>
<p>What other actions should I take to protect my health?</p>	<p>As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash hands often and avoid touching your face, and clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones). Wear a face covering when in public places. This protects you from anyone who may not be sick (but may be asymptomatic) and able to spread the virus to others.</p>

For general information about COVID-19, call 1-800-962-1253 or 211. Or go to njcovid19.nj.gov or nj.gov/health

NJ Residents with a Positive COVID-19 Test: Instructions & Next Steps

Question	Instructions
<p>I tested positive for COVID-19. What should I do now?</p>	<p>If you tested positive, you must stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. You must self-isolate until 3 full days (or 72 hours) have passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 10 days have passed since symptoms first started, or, if you had no symptoms, stay home 10 day after you received your positive test results.</p> <p>If you live with other people and they were not tested, they should keep their distance from you. This includes not eating meals together and not sitting around the house together. Practice social distancing as much as is possible (stay at least 6 feet from each other).</p>
<p>What should the people who live in my home know/do?</p>	<p>If they are symptomatic (sick; have COVID-19 symptoms), they should also self-isolate for 3 full days (or 72 hours) until they are fever-free without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 10 days have passed since symptoms first started. If the symptoms are mild, they should recover at home. If the symptoms worsen and a medical evaluation is needed, call health care provider. Consider getting a viral COVID-19 test to see if you are currently infected.</p> <p>If they are asymptomatic (not sick; have no COVID-19 symptoms), they should self-quarantine for 14 days AFTER any sick person in the household's self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor their health long enough to ensure they do not develop symptoms. Consider getting a viral COVID-19 test to see if you are currently infected.</p>
<p>What is the difference between mild and moderate symptoms?</p>	<p>Mild symptoms are when you feel unwell but can stay home and manage at home. Most people with mild symptoms can recover from home. See above for how long you should stay home/self-isolate.</p> <p>Moderate symptoms are those where you may need a medical evaluation from your health care provider. If your symptoms worsen over time and do not get better, especially if you have trouble breathing, call your health care provider to determine next steps.</p>
<p>Should I tell other people that they may have been exposed to the COVID-19 virus?</p>	<p>Those who have been closest to you for a prolonged period of time are going to be at highest risk. Household members and others with whom you spent a prolonged period of time (more than 10 minutes) within 6 feet of you, or shared a meal, would be at increased risk and should be advised to self-quarantine at home for 14 days AFTER your, or any sick household members self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above.</p> <p>People who you did not spend a prolonged period of time (less than 10 minutes) within 6 feet are at lower risk. This would include people that you may have been in an indoor space for a prolonged period of time. They should monitor their health; no restrictions about where they go. They should wash hands often and practice social distancing. If possible, you should notify individuals above regarding your illness. Work or school supervisors may be informed to help with this process.</p> <p>People who you may have casually come into contact with (e.g., passed by in the hall, briefly spent time within a room, shared a short elevator ride), are not considered to be at risk and do not need to be contacted.</p>