

Travel, Sick days, Covid-19 and Quarantine FAQ

When to quarantine. When to come to school.

We're traveling out of state. Do my children need to quarantine?

If your child is **fully vaccinated** against COVID-19, they can travel safely within the United States without the need to test or quarantine. Monitor for symptoms. Proof of vaccination is required for return to campus.

If your child is **not fully vaccinated** against COVID-19, get a Covid PCR test 3-5 days after travel and self-quarantine a minimum of 7 days. If you choose not to test, your child must stay home and self-quarantine for 10 days. If no symptoms present themselves, your child may return to campus on Day 11.

My child isn't feeling well. What should I do?

Keep your child home. Parent/guardian is instructed to consult a medical provider for further evaluation and COVID-19 testing. Your child may return to campus after proof of a Negative Covid PCR test, improved symptoms and fever free without the use of fever reducers for 24 hours.

My child falls ill at school. What happens next?

Child is sent home. Parent/guardian is instructed to consult a medical provider for further evaluation and COVID-19 testing. The child may return to campus after proof of a Negative Covid PCR test, improved symptoms and fever free without the use of fever reducers for 24 hours.

My child was exposed to a COVID-19 positive person at school or off campus. Now what?

Children who are **fully vaccinated** against COVID-19 who are a close contact to a confirmed case must test 4-5 days after exposure and are not required to quarantine provided they remain asymptomatic. Proof of vaccination and negative test results required.

Children who are **not fully vaccinated** against COVID-19 must self-quarantine. Quarantine may end after Day 7 for students who remain asymptomatic and PCR test on/after Day 5 from date of last exposure is negative. Without testing, the child must stay home for a full 10 days after exposure.

Exposures will be reviewed by the Pasadena Public Health Department to assess which persons need to quarantine including the possibility of quarantining all individuals in the same cohort or classroom.

My child tested positive for COVID-19. What are my next steps?

Please notify Maite Ramirez and Karen Conley. Keep your child home and isolated for at least 10 days from symptom onset/positive test. Await further instructions.

Possible COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. 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

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention>