

BLUE FISH

P E D I A T R I C S
www.bluefishmd.com

COVID-19 School Excuse Form

Student Name _____

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

Symptoms

- Temperature 100.4 degrees Fahrenheit or higher when taken by mouth
- Sore throat
- **New** uncontrolled cough with difficulty breathing (for chronic allergic/asthmatic cough, a change in cough from baseline)
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache, especially with a fever

Close Contact/Potential Exposure

- Had close contact (within 6 feet of an infected person for a cumulative of at least 15 minutes or longer over a 24-hour period) with a person with confirmed COVID-19
- Traveled to or lived in an area reporting large numbers of COVID-19 cases as described in the CDC Website
- Live in areas of high community transmission (as described in the CDC Website) while the school remains open

Return-to-School Policies:

- Scenario 1: Student has symptoms but NO known close contact or exposure to COVID-19.**

Per CDC guidelines, student can return to school when symptoms have resolved and fever free for 24 hours without fever reducing medications. A test is not required to return to school. **Alternative Diagnosis:** _____

- Scenario 2: Student has NO symptoms and has had close contact/exposure to COVID-19 but student's presentation DOES NOT warrant a COVID-19 test at this time.**

Per CDC guidelines, student can return to school after 14 days of quarantining at home (see back side of note for shorter quarantine alternatives). Should the student develop symptoms during this quarantine period, they would then require an additional minimum 10 days of isolation at home starting from the onset of symptoms.

- Scenario 3: Student has symptoms and has had close contact/exposure to COVID-19 AND student has tested NEGATIVE.**

Per CDC guidelines, student can return to school once symptoms have resolved and fever free for 24 hours without fever reducing medications. **Alternative Diagnosis:** _____

- Scenario 4: Student has symptoms and has had close contact/exposure to COVID-19 AND student has tested POSITIVE.**

Per CDC guidelines, student can return to school after a minimum of 10 days AND once symptoms have resolved AND fever free for 24 hours without fever reducing medications.

Student can return to full participation in athletics: _____

- Scenario 5: Student has symptoms and has had close contact/exposure to COVID-19 AND test is PENDING or not done.**

Per CDC guidelines, student can return to school after a minimum of 10 days AND once symptoms have resolved AND fever free for 24 hours without fever reducing medications. A test is not required to return to school, however at any time should a test result return NEGATIVE, see scenario 3.

Signed _____

Date _____

New CDC Quarantine Guidelines for 7-10 Days

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

The risks and our understanding of the disease have not changed. **The gold standard and the safest way to quarantine is to complete the full 14 days.**

The CDC is essentially gambling that if the guidelines are less onerous, more people will comply and this will lead to overall safer public health.

The exact risks for shorter quarantines are detailed by the CDC in the information below.

1. CDC recommends the following alternative options to a 14-day quarantine:
 - Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
 - **With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.**
 - *When diagnostic testing resources are sufficient and available (see bullet 3, below), then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.*
 - **With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.**
2. Persons can discontinue quarantine at these time points only if the following criteria are also met:
 - No clinical evidence of COVID-19 has been elicited by daily symptom monitoring[†] during the entirety of quarantine up to the time at which quarantine is discontinued; and,
 - Daily symptom monitoring continues through quarantine Day 14; and,
 - Persons are counseled regarding the need to adhere strictly through quarantine Day 14 to all recommended non-pharmaceutical interventions (NPIs[‡], a.k.a. mitigation strategies), especially. They should be advised that if any symptoms develop, they should immediately self-isolate and contact the local public health authority or their healthcare provider to report this change in clinical status.
3. Testing for the purpose of earlier discontinuation of quarantine should be considered only if it will have no impact on community diagnostic testing. Testing of persons seeking evaluation for infection must be prioritized.
4. Persons can continue to be quarantined for 14 days without testing per existing recommendations. This option maximally reduces risk of post-quarantine transmission risk and is the strategy with the greatest collective experience at present.

For additional counseling, please call the office for a telemedicine visit with your doctor.

COVID RETURN TO PLAY PROTOCOL

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (ie, - Contests/competitions).

This progression back into sports was provided by the American Academy of Pediatrics, adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020. It is intended to help guide the patient. If you experience any health issues while following this guide, you should stop the activity and contact a healthcare provider.