

Pediatric COVID-19 Exposure

Guidance for COVID-19 Isolation and Quarantine Based on Symptoms and Exposure

Exposure Scenarios

Action

Additional Recommendations

EXPOSURE	Well child, exposed with no further exposure anticipated, e.g. Patient exposed to grandparent on day 1, grandparent COVID-19+ on day 2.	Child should be in quarantine for 14 days (alternate 10 days*) from day of contact.	
	Well child, exposed, further exposure anticipated, e.g. parent COVID-19+ due to work exposure.	Child should be quarantined for 14 days (alternate 10 days*) after the last contact with someone considered contagious.	<ol style="list-style-type: none"> 1. If the only exposure is with the parent, then the 14-day* period begins after the 10 days minimum of contagiousness of the parent, so 24 days would be a minimum period. 2. If a sibling becomes sick during that time, the 14-day* period begins with the last contact with the sibling while he or she is contagious. 3. With multiple family members, this can greatly extend the minimum 24-day period.
	Well child, exposed to a friend whose parent is COVID-19+.	This is not considered an exposure to disease. The friend should be quarantined.	If the friend becomes sick within 2 days of the last contact, then begin 14-day* quarantine from the time of the last exposure.
	Child sick, exposed to confirmed COVID-19+, no further contact anticipated.	Testing recommended.	<ol style="list-style-type: none"> 1. If test is positive, isolate for 10/1. 2. If test is negative, quarantine for 14 days* due to exposure. 3. If no test, the patient is assumed to have COVID-19. Isolate for 10/1.
	Child sick, close contact with confirmed COVID-19+, continued contact anticipated.	Isolate for 10/1.	A negative test in this situation would not be a sufficient reason to avoid isolation so testing does not add value.
	Child sick, no known contact.	Testing recommended.	<ol style="list-style-type: none"> 1. If test is positive, isolate for 10/1. 2. If test is negative, standard care.
	Child well. Classmate is COVID-19+.	Determine nature and extent of contact.	<ol style="list-style-type: none"> 1. If contact is considered close (see definition), then it is an exposure, so quarantine. 2. If contact is not "close", it is not an exposure, so monitor. 3. Testing recommended if there are symptoms. <p>NOTE: School and public health responses may supersede individual decisions.</p>
	Child sick and known to be COVID-19+. Additional family members also sick with onset at different times.	Isolate for 10/1.	Ongoing exposure does not require extended isolation.

This document is not intended to replace or supersede guidance of local health departments.

*Though final determination of quarantine duration lies with the local health department, quarantine can end after Day 10 if no symptoms have been reported during daily monitoring. See CDC "Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing" at <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

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• Exposure:

Refers to close contact with someone who has COVID-19 or is presumed to have COVID-19. This includes more than 15 minutes within 6 feet of contact cumulative over 24-hour period, household contact, close physical contact (hugging, kissing, sharing eating/drinking utensils) or respiratory droplet exposure (sneezing or coughing in close proximity).

• Quarantine:

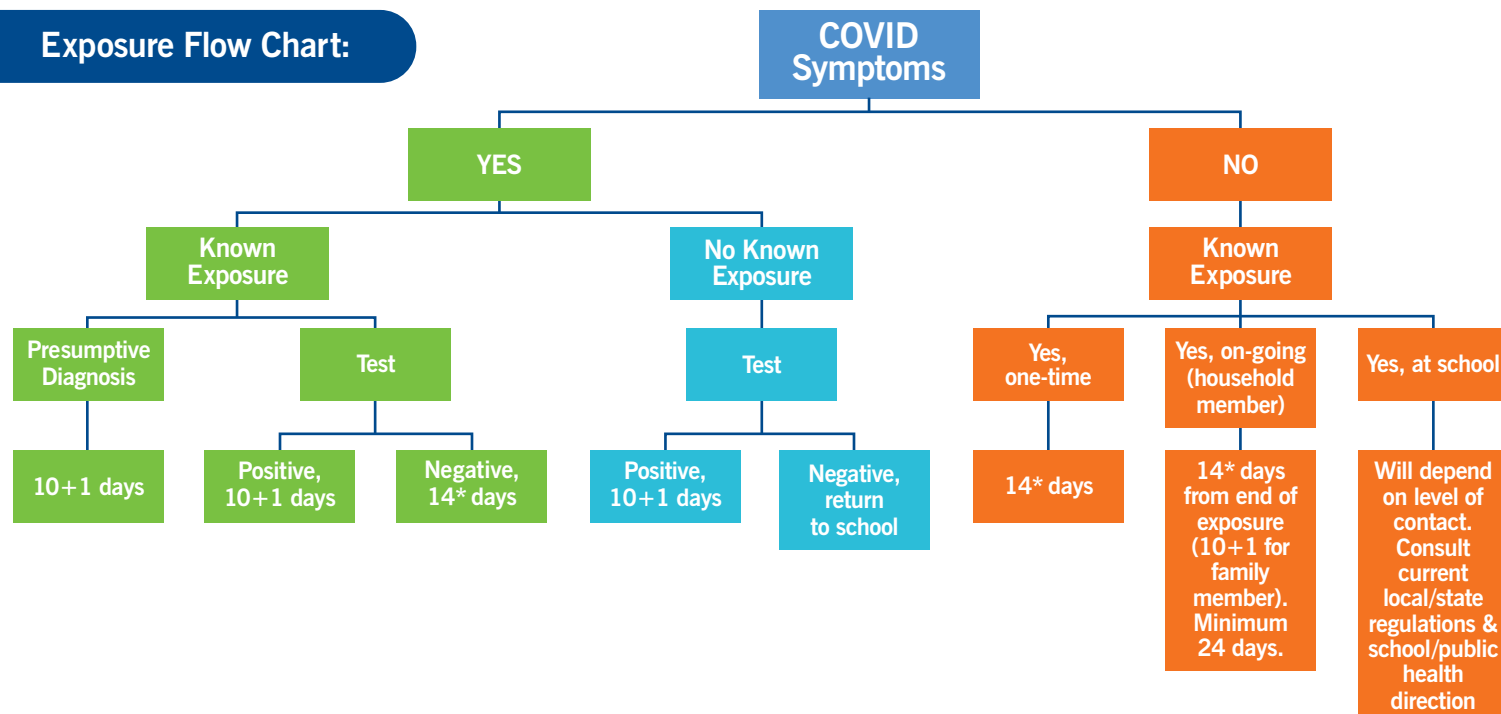
Period of time to keep exposed people from contact with others during the time they might get sick from the exposure. **(Day 1)** ➡
For COVID-19, this is a **14-day period** corresponding to the incubation period (*alternate quarantine can end after 10 days if no symptoms reported during daily monitoring, with final determination for quarantine duration by the local health department). People in quarantine should remain at home, avoiding contact with others to the extent possible. See CDC "Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing" at <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

• Isolation:

Period of time needed for a person sick with COVID-19 or presumed COVID-19 to no longer be contagious. For COVID-19, this is a 1-day period after resolution of fever with improvement of symptoms AND at least 10 days from the onset of symptoms or from the test date for someone without symptoms **(Day 1)** ➡
This is referred to as the **10/1 rule**. People in isolation should avoid contact with other people and pets. They should remain in their own room. If possible, the isolated person and their caretakers should be masked. Good handwashing is important.



Exposure Flow Chart:



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