

# Pediatric Exposure Guidelines for Outpatient Visits

## Definitions:

**Exposure:** being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

**Symptoms:** 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.

**Quarantine:** stay home, separate from others, wear a mask, and monitor for symptoms.

**Household contact:** someone you live with or are indoors with for an extended length of time.

**Isolate:** stay at home, stay separate from others in a sick room or area, use separate bathroom, if possible, and clean and disinfect common areas after each use.

**Fully vaccinated:** greater than 14 days following the second dose in a 2-dose COVID-19 vaccine series, or greater than 14 days following one dose of a single-dose COVID-19 vaccine.

## Unvaccinated Pediatric Patients:

### Exposed Asymptomatic:

- Stay home for 10 days (return on day 11) after your last close contact if you do not have symptoms and you have not had any COVID testing.
- Stay home for 7 days (return on day 8) after your last close contact if you do not have symptoms and have a **Negative** PCR or antigen COVID-19 test on day 5 or later from start of quarantine (see Notes).
- **If Positive:** quarantine release will be 10 days from positive test result if you remain asymptomatic.

### Exposed Symptomatic:

- Recommend testing.
- May use home test/drive through/test-only site if symptoms are mild (see Notes).
- Provider evaluation is recommended with moderate to severe symptoms. First evaluation should be with PCP if feasible.

#### **If Positive:** quarantine release will be

- 10 days post onset of symptoms,
- 24 hours without fever with no fever reducers,
- **AND** symptoms improving.

**If Negative:** Stay home for 14 days. Acceptable alternatives to a 14-day quarantine include:

- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and test negative by a PCR or antigen test (see Notes) collected on or after Day 5.

Regardless of quarantine end date, contacts should continue to self-monitor for symptoms and wear a face mask through day 14.

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## Fully Vaccinated Pediatric Patients:

### Exposed Asymptomatic:

- No quarantine required.
- Wear a mask indoors, in public areas for 14 days or until negative test.
- Monitor for symptoms for 14 days.
- Test on day 3-5 post exposure. If PCR or home test is **positive** (see Notes), quarantine for 10 days from positive test if you remain asymptomatic.

### Exposed Symptomatic:

- Recommend testing
- May use home test/drive through/test-only site if symptoms are mild (see Notes).
- **If Positive:** Quarantine for
  - 10 days from onset of symptoms,
  - 24 hours without a fever with no fever reducers,
  - **AND** improving symptoms.
- **If Negative:**
  - Refer to your school's "return to school policy"

## Notes:

- Home kits are antigen tests and are not as reliable as PCR tests.
  - If the antigen test is a positive, then the result is reliable.
  - If the antigen test is negative but the patient is symptomatic, the antigen test is not as reliable.
  - Please take a photo of the antigen test result to use for verification.
- If patients are ill and feel they need an office visit, please refer first to PCP.
- Return to school or daycare criteria may be different than our recommendations.

## Resources:

Tennessee Department of Health [TDH] Quarantine:

<https://covid19.tn.gov/prevention/quarantine-isolation-calculator/>

