

A Guide for Parents

ON ILLNESS AND POSITIVE TESTS FOR THE COVID-19 VIRUS

Covid19 Symptoms: May include any or all of the following: fever, cough, shortness of breath, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue, new loss of taste/smell, headache, body aches, and or poor appetite.

WHAT ACTIONS DO I NEED TO TAKE WHEN MY CHILD IS AT HOME SICK?

- **Stay home:** Do not allow your child to leave your home, except to get medical care. As much as possible, others in the family should stay home. If ANYONE in the house tests positive for COVID19, no one should leave the house.
- **Take care:** Make sure your child gets rest and stays hydrated.
- **Stay in touch with your doctor:** Call before seeking medical care for your child. For medical emergencies, call 911 and report your child's COVID19 diagnosis.
- **Monitor symptoms:** Symptoms of COVID19 may include any or all of the following: fever, cough, shortness of breath, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue, new loss of taste/smell, headache, body aches, and/or poor appetite.
- **One point of contact:** If at all possible, separate your child from other people and pets in your household. Try to have one person only care for your child, so others are not exposed.
- **Use a face covering:** If your child is over 2 years old and can wear a face mask without finding it hard to breathe, have them wear one when the caregiver is in the room. Do not leave your child alone while they are wearing a face mask. The caregiver should also wear one when in the same room.
- **Wash hands often:** Everyone in your family should wash their hands well and often.
- **Clean often:** Use regular household cleaners or wipes to clean things that get touched often (doorknobs, light switches, toys, remote controls, etc.)
- **Separate bathroom use:** Have your child use a separate bathroom from other people, if available. If that is not possible, clean and disinfect the bathroom often.

A HOUSEHOLD MEMBER TESTED POSITIVE FOR COVID19. CAN I BRING MY CHILD TO SCHOOL?

No. If your child has had direct, close contact with anyone who has tested positive for COVID19 for more than 15 minutes (with or without a mask), within 48 hours of the individual experiencing symptoms and/or testing positive, they must quarantine. Please consult with your school nurse to determine appropriate length of quarantine, which will be at least 14 days or longer if symptoms develop.