



## A Guide for Parents/Guardians

### ON ILLNESS AND POSITIVE TESTS FOR COVID-19 VIRUS

#### MY CHILD IS SICK OR TESTED POSITIVE. WHEN CAN MY CHILD RETURN TO SCHOOL?

##### o SICK AND DOES NOT TAKE A COVID-19 TEST:

If your child gets sick and you and your healthcare provider decide **not** to have them get a PCR (polymerase chain reaction) test to determine if he/she have COVID, they may return when:

1. It is at least 10 days from the day their symptom first appeared **and**
2. They are without a fever for 24 hours with no fever reducing medication **and**
3. Their symptoms are improving

##### o SICK AND/OR TESTS POSITIVE WITH THE COVID-19 VIRUS:

If your child tests positive for COVID-19 through a PCR (polymerase chain reaction), he/she may return when:

1. It is at least 10 days from the day their symptom first appeared or the date of the test, if asymptomatic **and**
2. They are without a fever for 24 hours without fever reducing medication **and**
3. Their symptoms are improving

##### o SICK AND TESTS NEGATIVE WITH THE COVID-19 VIRUS:

If your child gets sick and you decide to get a PCR (polymerase chain reaction) test to determine if he/she have COVID and the test is negative, they may return after the following:

1. You provide proof of the negative PCR test result to the school site **and**
2. 24 hours have passed without fever and symptoms have started improving

#### A HOUSEHOLD MEMBER TESTED POSITIVE FOR COVID-19, CAN MY CHILD BE AT SCHOOL?

**NO**, if your child has had close contact with anyone who has tested positive for COVID-19 for a cumulative total of 15 minutes or more over a 24 hour period (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 the appropriate length of quarantine. If it is a member of the household that the child lives with, the child **must quarantine for the duration of the positive person's isolation period plus an additional 14 day quarantine**.

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

**Please notify your child's school when your child is home sick and/or if your child's test comes back positive**

Families that have a sick child at home should do the following:

- **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 COVID-19, no one should leave the house
- **Take care:** Make sure they get rest and stay 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 COVID-19 diagnosis during the call
- **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
- **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
- **Monitor their symptoms:** Symptoms of COVID-19 may include any or all of the following: fever, cough, shortness of breath, runny nose, sore throat, nausea, diarrhea, fatigue, new loss of taste/smell, headache, body aches and/or poor appetite. Consult with your child's healthcare provider for ways to monitor their symptoms
- **Follow care instructions:** If your doctor or local health department has provided specific instructions, follow these directives
- **Wash hands often:** Everyone in your family should wash their hands well and often
- **Clean often:** Use regular household cleaners or wipes to clean items that get touched often (doorknobs, light switches, toys, remote controls, phone, etc.)

