



# A Guide for Parents

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



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

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

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

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

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

If your child is tested positive for COVID-19 through a PCR or antigen test, they may return when:

- 1) It is at least 10 days from their symptom onset or the date they tested positive **and**
- 2) They are without a fever for 24 hours with no fever reducing medication **and**
- 3) Their symptoms are improving.

#### SICK AND TEST NEGATIVE FOR THE COVID-19 VIRUS

If your child gets sick and decides to get a COVID-19 test, but are negative (for negative antigen test, it is encouraged to then take a PCR test) they can return after the following:

- 1) It has been 72 hours from symptoms resolving **and**
- 2) You provide proof of the negative test results to the school site.

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

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 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 include 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. 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 things that get touched often (doorknobs, light switches, toys, remote controls, phones, etc.)

### A HOUSEHOLD MEMBER TESTED POSITIVE FOR COVID-19. CAN I BRING MY CHILD TO SCHOOL?

No. If your child has had direct, close contact with anyone who has tested positive for COVID-19 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.