

I've been told that my child was exposed to a COVID case at school. **What do I do?**

Quarantine is recommended for close cohort contacts of a known COVID-19 case.

If your school has notified you that your child has been exposed to COVID and they need to **QUARANTINE**, this is what you should do:



Stay home.

Except to get medical care. Limit visitors unless they are already in your household. This includes day care providers, grandparents and other high-risk visitors.



Stay in a specific room.

if your child is sick, its best to stay in a designated area away from others if possible. If the child is not old enough to be alone, try to keep the same adult with the child, using a designated toilet/bathroom if possible.



Check your temperature.

Monitor your child's temperature at least daily.



Get tested.

If you have symptoms and its been 5 days or more since exposure. If you need a safe to return to work letter contact DPHN.



Watch for other symptoms.

Aside from fever, COVID-19 symptoms include cough, difficulty breathing, headache, runny nose, diarrhea, nausea, loss of smell or taste, muscle aches, and/or fatigue.



Wear a face covering.

When your child is around others, like household members, or when you enter a healthcare provider's office.



Wash your hands.

Model good hand hygiene by washing your hands with soap and water or using alcohol-based hand sanitizer.

When is it okay to end self-quarantine?

- 14 days after your last exposure.
- OR**
- 10 days after exposure if you have had no symptoms. You still need to self monitor for a full 14 days.
 - 7 days after exposure if you have had no symptoms **AND** have a negative test result 5 or more days after your last exposure.

If your child develops symptoms or you have questions about COVID-19, please call our hotline.



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