

Your child has tested positive for COVID-19

Most children with COVID get better without any special medicines

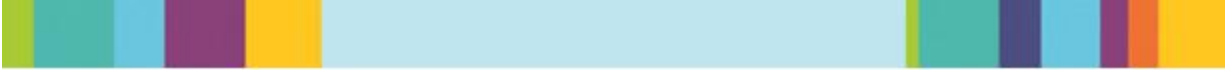
- COVID is caused by a virus—antibiotics will not help.
- Get plenty of rest and drink a lot of water or other liquids.
- Your doctor may suggest acetaminophen (Tylenol®) and ibuprofen (Motrin® or Advil®) for fevers, aches, and pains.
- Some children who are at high risk of getting very sick may be able to get medicines called monoclonal antibodies or antivirals. Supplies of these medicines are currently very limited. Talk to your doctor to see if your child qualifies.

Your child needs to isolate by staying at home and away from anyone who does not live in your house

- Even if your child is not showing symptoms, they can still spread the virus.
- Try to keep them in their room and using their own bathroom as much as possible.
- Do not share towels, cups, utensils or bathroom supplies. Clean things you touch often like door handles, phones, etc.
- Wash your hands a lot.

Returning to school or daycare

If your child has:	Stay home (isolate) for:	They should:
NO symptoms (cough, fever, congestion, sore throat, or headache)	<ul style="list-style-type: none"> • 5 days after the day that the test sample was taken. 	<ul style="list-style-type: none"> • If over 2 years old, wear a well fitting mask around family members for 10 days. • Wear a well fitting mask at all times when in public .
ONE or more symptoms (cough, fever, congestion, sore throat, or headache) OR Been in the hospital for some reason, but <u>not because</u> of their COVID infection.	<ul style="list-style-type: none"> • 5 days <u>after the first day</u> they started getting sick AND <ul style="list-style-type: none"> • They have had no fever for 24 hours without Tylenol or Motrin AND <ul style="list-style-type: none"> • Their cough and other symptoms are improving. 	<ul style="list-style-type: none"> • If over 2 years old, wear a well fitting mask around family members for 10 days. • Wear a well fitting mask at all times when in public .
Been very sick OR Been in the hospital <u>because</u> of their COVID infection.	<ul style="list-style-type: none"> • 10 days <u>after the first day</u> they started getting sick AND <ul style="list-style-type: none"> • They have had no fever for 24 hours without Tylenol or Motrin AND <ul style="list-style-type: none"> • Their cough and other symptoms are improving. 	<ul style="list-style-type: none"> • If over 2 years old, wear a well fitting mask around family members for 10 days. • Wear a well fitting mask at all times when in public .
A weakened immune system or is immunocompromised.	<ul style="list-style-type: none"> • 20 days <u>after the first day</u> they started getting sick • 20 days after the day that the test sample was taken if there are no symptoms 	<ul style="list-style-type: none"> • If over 2 years old, wear a well fitting mask around family members for 20 days. • Wear a well fitting mask at all times when in public .



Returning to sports

- Most kids can return to regular play (not sports) when they are feeling better and have met all the conditions above.
- Some children with COVID who play sports will need to slowly return to full activity level.
- When returning to sports, pay extra attention to breathing and heart problems.
- In rare cases, children can have heart problems after COVID-19.
- Talk to your doctor to see if your child needs more testing.

Family and caregiver quarantine instructions

Anyone who has **close contact** with your child is exposed to COVID and will need to follow **quarantine** guidelines.

Close contact is when you are within 6 feet of someone without wearing a mask for a total of 15 minutes in a 24 hour day.

For example: 5 minutes at breakfast + 5 minutes at lunch + 5 minutes at dinner = 15 minutes

Quarantine means to stay at home and avoid all public activities. Do not go to work, church, school, stores or any public events or places. Avoid being around people who have a weakened immune systems or are immunocompromised.

Fully vaccinated means it has been at least 2 weeks since the 2nd COVID shot for children and at least 2 weeks from booster for those eligible for boosters.

Unvaccinated or not fully vaccinated:

- Your child may be contagious for as long as 10 days from the start of their symptoms or their positive test (20 days if immunocompromised.)
- Once their isolation ends, you and any others who have been in close contact with them without a mask should begin quarantine.
- Quarantine for at least 5 days after the day of your last exposure to your child.
- The date of your last close contact is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.

Fully vaccinated or had confirmed COVID-19 within the past 90 days (positive viral test):

- No quarantine

Everyone, vaccinated or not, should:

- Get tested at least 5 days after the last date you had close contact with someone with COVID.
- Watch for symptoms until 10 days after the last date you had close contact with someone with COVID. If symptoms develop, get tested and isolate at home until you get test results.
- Continue to wear a mask for at least 10 days.

When to call your doctor or 911

Call your doctor if your child seems to be getting worse or having new symptoms, especially skin changes or changes to the eyes or mouth.

Call 911 or go to the emergency room if your child has any of these symptoms:

- Trouble breathing
- Pain or pressure in the chest that won't go away
- Other symptoms that seem serious or unusual for your child