

COVID-19 Parent information for school age child

Symptoms and Risk

Symptoms may appear **2-14 days after exposure to the virus**. Children with these symptoms or combinations of symptoms may have COVID-19:

- Fever (100.4 or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting or Diarrhea
- **In some instances, children infected with COVID-19 have no symptoms or symptoms are so mild they don't feel sick.**

When to Seek Medical Attention

If you feel like your child's symptoms are worsening, especially if they are having difficulty breathing, call your child's healthcare provider or seek medical attention

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Exposure to Someone with COVID-19

- Close contact is being within 6 feet of the sick person for 10 minutes or more.
- Your child will be asked to quarantine for 14-days because that is the maximum time period from the day a person is exposed to an infected person to when symptoms appear for COVID-19. If your child does not have any symptoms after the 14-day period, they may continue with their daily activities. There is no need to get a COVID-19 test to return to school.
- **If your child develops symptoms during the quarantine period:**
 - Remain in home isolation until 10 days have passed since your symptoms first started **AND**
 - At least 24 hours have passed since fever has gone away without the use of fever-reducing medications **AND** respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved
- **If your child does not develop symptoms during the quarantine period or tests negative, they must still remain at home for the 14 day period.**
- [Quarantine guidelines](#)

Prevention

It's important EVERYONE in the household takes prevention steps to help stop the spread:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people who are sick.
- Stay home when sick.
- Cover cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid sharing personal household items, like dishes, towels, and bedding.
- Avoid having any unnecessary visitors.
- Limit contact with pets & animals. You should restrict the sick person's contact with pets and other animals, just like you would around other people. See [COVID-19 and Animals](#) for more information.
- Regularly clean and disinfect all surfaces that are touched often, like counters, tabletops, sink handles, and doorknobs.
- Wash laundry thoroughly. If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves
- Avoid sharing food and beverages

Caring for an ill child

- Have the child wear a facemask when they are around people, including other family members..
- If the sick person can't wear a facemask, you should wear one while in the same room
- If you are unable to stay home with your child, carefully consider who might be best positioned to provide child care. If someone at higher risk for COVID-19 will be providing care (older adults, such as a grandparent or someone with a chronic medical condition), limit your children's contact with them..

Return to school

If symptomatic:

- **Tested positive for Covid-19 , child should:**
 - Remain in home isolation until 10 days have passed since your symptoms first started **AND**
 - At least 24 hours have passed since fever has gone away without the use of fever-reducing medications **AND** respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.
 - **Note** - If symptoms are severe or your child is immunocompromised, isolation is increased to 20 days since symptoms first began and 24 hours have passed fever free without the use of fever reducing medication and 24 hours and symptoms have improved.
- **COVID-like symptoms but did not test, child should:**
 - Remain in home isolation until 10 days have passed since your symptoms first started **AND**
 - At least 24 hours have passed since fever has gone away without the use of fever-reducing medications **AND** respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved
- **Tested negative for COVID-19 or has an alternate laboratory confirmed diagnosis, child should:**
 - Stay home and away from others until 24 hours have passed since your child's fever has gone away without the use of fever-reducing medications **AND** your child's respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.
 - [Home Isolation](#)

*****Child needs to check in with the school nurse prior to going to class*****

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<https://www.maricopa.gov/5512/Sick-or-Exposed-to-COVID-19#caring>