

Your Child Tested Positive for COVID

- Provide supportive care:
 - Ibuprofen (6+ months) or Tylenol to reduce fever and discomfort
 - Rest and offer extra fluids
 - Steam showers and cool mist humidifier for congestion and cough

Quarantine guidelines:

- Keep your child home
- Isolate from others in the home if possible
- Length of quarantine:
 - Situation dependent, but generally for everyone who tests positive, they should quarantine for 5 full days at home
 - To exit home quarantine after the initial 5 days:
 - Must be fever-free for 24 hours without using Ibuprofen or Tylenol
 - Symptoms must be improving
 - Should remain home if still having significant cough
 - Must be able to wear a well-fitting mask at all times for an additional 5 days
 - Young children that are unable to wear a mask must quarantine for 10 full days at home
- Day 0 is your child's first day of symptoms. Day 1 is a full 24 hours since symptoms started
- If asymptomatic, day 0 is the day your child tested positive

COVID exposure

- If *fully vaccinated*, no quarantine needed unless your child develops symptoms
 - If become symptomatic they should obtain a rapid or PCR COVID test
 - ****Rapid COVID tests are most accurate 2-3 days after symptoms begin, please keep this in mind when testing**
- If *unvaccinated*, your child should quarantine for 5 full days at home
 - Wear well-fitting mask in public/school for 5 additional days (days 6-10)
 - If your child is young and unable to wear a mask, keep them home for 10 days and refer to daycare facility regarding return policy
- Regardless of vaccination status, if asymptomatic we recommend a PCR COVID test 5 days after last COVID exposure to determine if you are asymptotically infected
- Monitor for symptoms for 14 days after LAST exposure to someone with COVID

Please refer to the CDC website for more details: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>