

# My child has been told to stay home due to COVID 19. Now what?

## QUARANTINE

**Your student has been exposed to a close contact (within 6ft for more than 15 consecutive minutes) of a covid-19 positive case.**

### **Stay Home and Monitor Your Health**

- If possible, keep your student away from others in your home; especially people who are at higher-risk for getting very sick from COVID-19.
- **Check your student's temperature twice a day** and watch for symptoms of COVID-19. Use the tool at CDC's website to track symptoms.
- **If your student develops symptoms during this time:**
  1. Call your healthcare provider right away.
  2. Call your school. Your return date may change.
- **Keep your student at home for 14 days after last exposure.**
  1. Exposure date is "day zero".
  2. Your student can return to school on "day 15"; this return date may change if your student develops symptoms.

### **Consider testing**

- Even if your student has no symptoms, they may carry the virus that causes COVID-19 and pass it to others.
- Wait to get your student tested at least 48 hours after the earliest exposure to the COVID-19 infected person.
- Regardless of the test result, your student has been exposed and still needs to remain quarantined for 14 days. A NEGATIVE RESULT DOES NOT NEGATE THE NEED TO QUARANTINE.

### **Understanding the Difference: Isolation vs. Quarantine**

**Isolation** separates sick people with a contagious disease from people who are not sick. The isolation period for COVID-19 is a minimum of 10 days following the onset of symptoms or a positive COVID-19 test result.

**Quarantine** separates people who were exposed to a contagious disease to see if they become sick. The quarantine period for COVID-19 is 14 days that begins the last day of exposure to a positive case. If symptoms develop, or the individual test positive during the quarantine period, he/she will re-start the clock for a 10-day isolation period.

**Must speak with the school nurse before student returns to school and proper documentation will be required upon entry.**