

# COVID-19 FOR PARENTS

Does your child have any of the follow symptoms that are new or different from usual?



Loss of taste or smell that started in the last 10 days (Children may say that food “tastes bad” or “tastes funny”) – most concerning



Fever (100.4°F/38°C or higher) or chills



Cough



Headache



Sore throat



Feeling out of breath or having a hard time breathing



Nasal congestion or runny nose



Diarrhea, nausea or vomiting



Fatigue



Muscle aches or body aches

## If so, see a health care provider because they might have COVID-19.

Until you know, keep your child and everyone they are close to away from other people until you know for sure.

If your child is diagnosed with COVID-19, keep them home! This is called isolation, so the sick person doesn't spread the disease to others. Don't go to school, church, or other activities. If they are old enough to care for themselves, let them and stay away from them if you can. Make sure they wear a mask and limit their contact with others. This lasts 10 full days from either their positive test or from their first symptom (whichever was first). Make sure to notify the school! After 10 days and if they're better, they can go back to their normal activities.

For everyone else (including yourself), keep away from others to see if you or they get sick. Don't go to work or even church! This is called quarantine. Let the close contacts know that they have been exposed to COVID-19 so they can watch for symptoms for 10-14 days after being around the sick person. Close contacts are people that have been closer than 6 feet (or within 3 feet in school classroom if both kids are masked) for more than 15 minutes around the time they started feeling bad. If they are in school, let the school know! If you or they get sick while you watch, see your health care provider.

The best way to protect yourself and your family is by getting the vaccine! Most people 12 and older can receive the vaccine. It is both safe and effective. If you are fully vaccinated, you might not have to quarantine, and your children might can still go to school! Contact the school or your health care provider for details.

**COVID-19 can be dangerous. Protect yourself and your family today!**