



# COVID-19 Guidance for Families

## What to do if ...

### Your child has COVID-19 symptoms:

Adults and children with signs and symptoms of COVID-19 should isolate, wear a tight-fitting mask, and get tested as soon as possible.

The main common symptoms of COVID-19 are still fever, runny nose, cough, sore throat, and headache.

If your child tests negative using an antigen test but is still having symptoms, please do not send your child to school. Retest in two days. Contact your healthcare provider.

**PLEASE DO NOT SEND A SICK CHILD TO SCHOOL.**

### Your child tests positive for COVID-19:

- 1. ISOLATE:** Keep your child at home and away from others for a minimum of **5 days**. Follow all isolation instructions below:

#### ISOLATION

##### DAYS

Wear a mask around others	0	Symptoms begin or a positive test is taken.
	1	Begin counting isolation days.
	2	
	3	
	4	
	5	
	6	You may end isolation after Day 5 if:
	7	• You have been fever-free for 24 hours (without fever-reducing medicines), AND
	8	• You do not have any other symptoms, or your symptoms are mild and improving
	9	
	10	
11	Isolation over	

2. **MASK:** If COVID is positive on testing, and your child needs to be in the same room as others, make sure they wear a well-fitting mask. Children whose symptoms have resolved and are fever-free for at least 24 hours may end isolation after Day 5 and may return to school, but they should continue to wear a well-fitting mask indoors when around others through Day 10.
3. **INFORM:** Please inform the school nurse if your child is ill, if you keep your child home, or if your child had a positive COVID-19 test.
4. **VACCINATE:** The Centers for Disease Control and the American Academy of Pediatrics recommend that students are up to date on their COVID-19 vaccinations. Up-to-date means they have received **at least 1 updated** PfizerBioNTech or Moderna COVID-19 vaccine. Being up to date with the recommended COVID-19 vaccine doses protects your child from serious illness and death caused by COVID-19. Fall vaccines are expected to cover the latest strains.

### Your child is exposed to someone infected with COVID-19:

If you are a [close contact](#) to someone with positive COVID-19, and you have symptoms or test positive, follow the guidance above. If you are a close contact and have no symptoms:

1. **Wear a well-fitting mask indoors around others for 10 days.**
2. **Get tested 3-5 days after you were last exposed**  
If your test result is positive, isolate.
3. **Monitor your health for 10 days.**  
If symptoms start, stay home, and get tested.