

My Child Tested Positive for COVID-19 – Now What?

1. Home Isolation Guidelines

- As much as possible, your child should stay in a specific room and away from other people in your home. Also, your child should use a separate bathroom, if available, or clean bathroom surfaces after use with household cleaner.
- Elderly people and those with compromised immune systems or chronic health conditions who live in the home should stay elsewhere, if possible.
- Do not handle pets or other animals while sick
- Avoid sharing personal household items (dishes, glasses/cups, eating utensils, towels or bedding). After using these items, they should be washed thoroughly with soap and water.
- Clean all “high-touch” surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables every day.
- Wash hands often.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

2. Home Care Advice

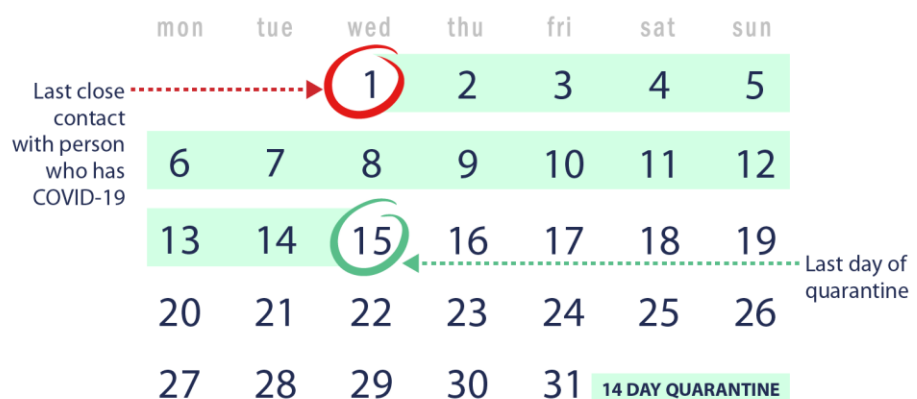
- Fever:** use acetaminophen or ibuprofen if child is uncomfortable. Offer cool fluids to drink
- Chills/shivering:** Shivering occurs when the body needs to raise its core temperature quickly. To stop the shivering, you can wrap your child in a warm blanket or give a warm bath. Offer warm fluids to improve hydration and circulation
- Coughing fits or spells:** Use a humidifier if the air is dry. Warm mist (such as steamy bathroom) may help ease the symptoms. Give warm fluids to drink.
- Muscle pain:** Gentle massage or stretching can help sore muscles. Apply heat for 10 minutes 3 times per day. Consider a warm bath for 20 minutes twice daily. Use acetaminophen or ibuprofen as needed.
- Headache:** Acetaminophen or ibuprofen as needed. Cold packs or cold wet washcloth to forehead for 20 minutes. Stretch and massage any tight neck muscles

3. When to start and end quarantine for those exposed

- Stay home for 14 days after your last contact with a person who has COVID-19.
- For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.**

Scenario 1: Close contact with someone who has COVID-19—will not have further close contact (co-worker, neighbor, friend, etc.)

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact (person is isolated in separate room/area)

Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine

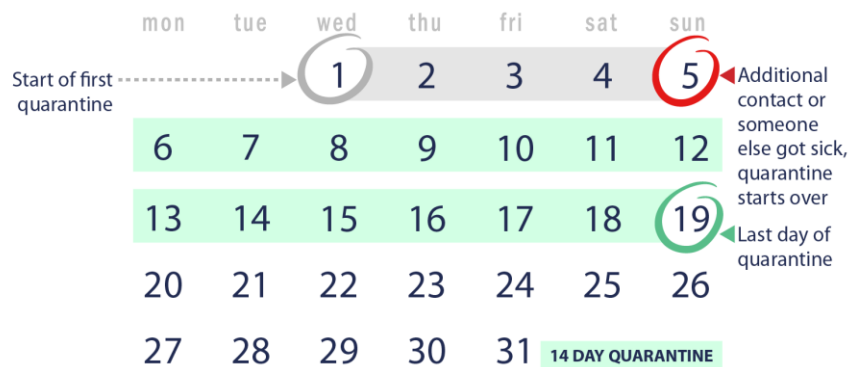


Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 3: Already in quarantine and had additional close contact with someone who has COVID-19 (new contact with person in isolation or another household member becomes sick)

You will have to restart your quarantine from the last day you had close contact with anyone who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.**

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine

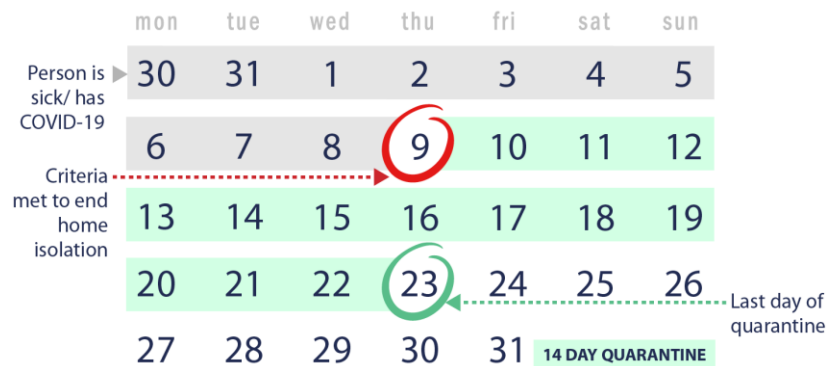


Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 4: Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, do not have a separate bedroom, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine.