

# COVID-19

## Plan Ahead for Possible COVID-19 at School

Scott County Health Department

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Our local schools have extensive plans in place to lessen the chances of COVID-19 exposure to students, teachers, and staff while in the school setting. However, COVID-19 is still spreading in the community. Similar to other communicable diseases, the Scott County Health Department will work with your child's school and will contact you to provide guidance if your child is identified as a positive case or as a contact to a positive case. *This document provides information to help you be prepared for possible COVID-19 in the school setting.*

### Exposed/contact to a Positive Case

If you are told your child has been exposed to/is a contact to a positive case of COVID-19, your child will need to **quarantine at home for 14 days** from his or her last exposure to the case.

### What does being a contact to a positive case mean?

- A contact to a positive case is an individual/child who has been in close proximity to an individual that currently has COVID-19. An individual/child is considered a contact if they have been **closer than 6 feet continuously for 15 minutes or more** with an individual that currently has COVID-19.

### What is quarantine?

- Quarantine means separating someone exposed to a case of COVID-19 in case he/she becomes infected.

### Plan ahead for keeping your child at home for 14 days.

- Talk with your employer about policies that are in place should you need to be away from work to care for your child.
- If someone else must care for your child during this time, make sure the individual you choose is not at high risk of severe illness should they get COVID-19 (elderly, preexisting health conditions, etc.).
- Plan for how you will meet household needs during this time (grocery shopping using curbside pick-up, delivery; pharmacy trips).

### What are guidelines for quarantine?

- Keep your child at home; they must not participate in activities outside of the home (family gatherings, after school activities, shopping, etc.).
- To avoid spreading COVID-19 to others, keep your child separated from other people and pets in the home as much as possible; if your child is young and needs a parent or adult as a caretaker, try to limit care for that child to that one caretaker.
- Have your child wear a face covering if he/she needs to be around others in the [home](#).

### Why is quarantine so long?

- The recommended quarantine length for COVID-19 is 14 days. That is the longest time after exposure for infection to occur and illness to develop.
- During this time, your child could become infected with the virus but not have any symptoms (asymptomatic). However, they can still spread the virus during this time period. That is why it is so important to quarantine for the entire 14 days.

### Prepare to check for signs of COVID-19 during quarantine:

- Common symptoms of COVID-19 include fever, cough, shortness of breath, trouble breathing, new loss of taste or smell, diarrhea, severe headache, or muscle aches.
- Check your child's temperature often. Above 100.4° is a fever.
- If your child becomes sick while in quarantine, call your child's doctor. (*See self-isolation section*)



## What about testing for COVID-19?

- We recommend that individuals who are identified as contacts to positive cases are tested 5-7 days AFTER the last date the individual was exposed to the positive case.
- If other family members have not had the same exposure to a positive case of COVID-19, they do not need to get tested unless the child being quarantined begins to have symptoms.
- Even if your child tests negative for COVID-19, he/she must still remain at home for the full 14 days because testing can be false negative (a negative test in an infected person)

### Has COVID-19 (symptoms or tested positive)

If your child becomes ill with symptoms of COVID-19 (and has not been tested) or tests positive for COVID-19, your child will need to **self-isolate at home** until the criteria below are met.

## What is self-isolation?

- Self-isolation means separating someone who has COVID-19 (symptomatic or asymptomatic) to prevent the virus from spreading to others.

## How long should my child self-isolate?

### *Child HAS symptoms*

A child who has symptoms of COVID-19 (fever, cough, shortness of breath, trouble breathing, new loss of taste or smell, diarrhea, severe headache, or muscle aches) and meets one of the following criteria,

- has symptoms and has tested positive,
- has symptoms and has not been tested,
- has symptoms and is waiting for test results

must self-isolate until all of the following things have happened:

1. They have had no fever for at least 24 hours (without the use of fever-reducing medicine) AND
2. Symptoms have improved (for example, when cough or shortness of breath has improved) AND
3. At least 10 days have passed since symptoms first appeared.

### *Child DOES NOT have symptoms but tested positive*

A child who has tested positive for COVID-19 but does not experience symptoms should self-isolate until:

- At least 10 days have passed since the date of the first positive test AND
- They have developed no symptoms since the test.

If your child starts developing symptoms while at home quarantining due to being a contact of a positive case, a new timeline for staying at home, based on the criteria listed above, will start for your child.

## What are guidelines for self-isolation?

- Keep your child at home; they must not participate in activities outside of the home (family gatherings, after school activities, shopping, etc.).
- To avoid spreading COVID-19 to others, keep your child separated from other people and pets in the home as much as possible; if your child is young and needs a parent or adult as a caretaker, try to limit care for that child to that one caretaker.
- Have your child wear a face covering if he/she needs to be around others in the [home](#).
- Watch for symptoms of illness or changes in current symptoms and contact your healthcare provider if they develop. If your child develops any troubling symptoms (trouble breathing, pressure in the chest, bluish lips or face), [call 911 for an emergency](#).
- Avoid spreading COVID-19 to others by not sharing personal or household items and cleaning all high-touch surfaces in the home.

