

Your child is a close contact of a person who has tested positive for COVID-19. **For this reason, your child should quarantine for 14 days.**

People in quarantine should stay home, separate themselves from others, and monitor their health.

A person with COVID-19 may not feel sick or have any symptoms, but can still spread it to others. Quarantine keeps close contacts away from others. This helps lower the chance of spreading COVID-19.

Per the CDC, a **close contact** is “Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.”

Quarantine = 14 days

The 14-day quarantine period starts the day your child was last exposed to the person who tested positive for COVID-19. **Your child should continue the 14-day quarantine even if he or she tests negative for COVID-19 or feels healthy.** This is important because [symptoms can appear up to 14 days after you’ve been exposed](#) and are infected. A negative test result before the end of your quarantine does not rule out the possibility of COVID-19 infection.

What a Person in Quarantine Should Do

- Stay home for 14 days after your last contact with a person who has COVID-19.
 - Children should not go to school or to child care in person.
 - Do not go to sports practices, games, lessons, or other activities.
- Stay home unless you absolutely need to travel outside your home. If you must leave home:
 - Wear a face covering that covers your nose and mouth
 - Limit contact with others
 - Stay 6 feet away from others
 - Avoid going places where there are many people such as stores and movie theaters
- Do not have visitors in your home.
- Stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19, if you can.
- Watch for signs and symptoms of COVID-19.
 - [Symptoms](#) include fever (100.0°F or higher), chills, cough, sore throat, shortness of breath, trouble breathing, fatigue, headache, congestion or runny nose, muscle or body aches, new loss of taste or smell, nausea or vomiting, diarrhea.
 - **If you have [emergency warning signs](#) like trouble breathing or chest pain, get emergency medical care immediately.**
- Consult with your healthcare provider and visit the CDC website (www.cdc.gov/coronavirus) to learn more about COVID-19.
- Find out about free lodging for those who cannot safely self-isolate due to COVID-19 [here](#) under the heading “Isolation Facility.”

How to Quarantine

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



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ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus

Anyone who has been identified as a close contact of someone with COVID-19 **must complete a 14-day quarantine.** There are no test results that can shorten the 14-day quarantine period.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has **emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



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If your child develops symptoms, contact your healthcare provider for further guidance.