How to Quarantine

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.

**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 because COVID-19 symptoms may not appear until 2 to 14 days after exposure to the virus.

**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 your 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](http://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](http://www.cdc.gov/coronavirus) under the heading “Isolation Facility.”
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If your child develops symptoms, contact your healthcare provider for further guidance.