

Updated 8/18/2020

## What should you do if your child has symptoms of COVID-19?

### Could my child have COVID-19?

Common symptoms of COVID-19 are temperature (100.4 degrees F or higher by mouth or 100.0 degrees F or higher by no-touch thermometer, sore throat, new uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline), diarrhea, vomiting or abdominal pain, new onset of severe headache, especially with fever. Other symptoms include, but aren't limited to: fatigue, chills, muscle pain, congestion/runny nose, and new loss of taste or smell. Your child might have COVID-19 if they have any of these symptoms.

### Should my child get tested for COVID-19?

If your child has symptoms of COVID-19, or if they have been exposed to someone with confirmed COVID-19, contact your child's health care provider. Your child's healthcare provider may recommend COVID-19 testing. If your child does not have a healthcare provider, you may call the Florida Department of Health at 863-519-7911 and ask for an appointment to be tested. A referral is not needed. Typically, these tests are free of charge and the results are available in 2-3 days. You will need to tell them that your child attends a Polk County Public School as this expedites the process. Many commercial labs take 10-14 days to get the results.

### What should I do to keep the illness from spreading to my family and other people in the community?

- **Stay home, except to get medical care and isolate the child as much as possible.** Isolation is what you do if you have COVID-19 symptoms, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness. **Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.**
- **Keep sick individuals separated from other people and animals in your home. Sick individuals should:**
  - As much as possible, stay in a specific room and away from other people.
  - Use a separate bathroom, if available.
  - Wear a cloth face covering when around others. If face covering can't be worn, other people should wear a face covering when they enter the sick person's room.
  - Restrict contact with pets and other animals while sick. When possible, have another member of the household care for animals. If a sick person must care for a pet, they should wash their hands before and after interacting with pets and wear a face covering, if possible.
  - Don't share personal items with people or pets, including dishes, drinking glasses,

cups, utensils, towels, or bedding.

- **Clean hands often.** Wash hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that has at least 60% alcohol. Avoid touching your face with unwashed hands.
- **Cover coughs and sneezes with tissues.** Throw away the used tissues and then wash hands.
- **Clean “high-touch” surfaces every day,** including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe and follow the directions on the label.
- **Monitor symptoms.** Get medical help right away if symptoms get worse. Before getting care, call the health care provider and tell them that your child has COVID-19 symptoms. Put on a face covering before entering the health care facility to prevent the spread of germs to other people in the waiting room and exam rooms.

If your child has a medical emergency and need to call 911, tell the dispatch personnel that they have COVID-19 symptoms. If possible, put on face coverings before emergency medical services arrive.

### **How long does my child need to isolate?**

**If your child is confirmed or suspected of having COVID-19 and has symptoms, they can end home isolation when:**

1. They have been fever-free for at least 24 hours without the use of fever-reducing medication
- AND**
2. Their symptoms have improved, **AND**
  3. At least 10 days have gone by since their symptoms first appeared.

**If your child is confirmed or suspected of having COVID-19 and have not had any symptoms, they can end home isolation when:**

1. At least 10 days have passed since the date of your first positive COVID-19 test, **AND**
2. They have had no subsequent illness.

**Your children may suspend isolation BEFORE 10 days if:**

1. They have a **negative** COVID-19 test **AND** they have had 24 hours fever-free without the use of fever reducing medication **AND** had 24 hours feeling well. A negative test result will be needed to return under this provision.
2. Their medical provider confirmed other illness not related to COVID-19 (ie. GI illness, ear infection, etc.) **AND** they had 24 ours fever-free without the use of fever reducing medication **AND** are feeling well. A doctor’s note will be needed to return under this provision.

**What should everyone else in the household do?**

- **Isolation** is what you do if you have COVID-19 symptoms, or have tested positive for

COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

- **Quarantine** is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

### **Participation in a public health interview**

If your child tests positive for COVID-19, someone from public health will reach out to you, usually by phone. The interviewer will help you understand what to do and what kind of support is available. They will ask for the names and contact information of people you have been in close contact with recently. They ask for this information so they can let them know they might have been exposed. They won't share your name with close contacts when they reach out to them. In order to assist with COVID responsiveness in our schools, the school will provide information regarding close contacts, seating arrangements, and school schedules to the Health Department.

### **More COVID-19 Information and Resources**

**Have more questions about COVID-19?** Please reach out to:

***Florida Department of Health in Polk County***

State Call Center at 866-779-6121 (24/7)

Polk COVID-19 Information line at 863-519-7911 (M-F/8am-5pm)

***(Call the Polk COVID-19 information line above for free COVID-19 testing)***

***Polk County Public Schools, Mark Wilcox Center*** at 291-5355 (M-FR/8am-4:30pm)

Updated August 19, 2020

## What should you do if your child was exposed to someone with COVID-19?

If your child has been exposed to COVID-19, or think they have been exposed, you can help prevent the spread of the virus to others in your home and community. Please follow the guidance below.

### **Symptoms of COVID-19**

Common symptoms of COVID-19 are temperature (100.4 degrees F or higher by mouth or 100.0 degrees F or higher by no-touch thermometer, sore throat, new uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline), diarrhea, vomiting or abdominal pain, new onset of severe headache, especially with fever. Other symptoms include, but aren't limited to: fatigue, chills, muscle pain, congestion/runny nose, and new loss of taste or smell. Monitor your child for these symptoms.

### **How does a person get exposed to COVID-19?**

People can get exposed when they come into direct contact with the secretions (droplets) of someone who has COVID-19 (being coughed or sneezed on, kissing, sharing utensils, etc.). People often get exposed by a household member or through close contact with another person. Close contact means that a person has been within 6 feet of someone with COVID-19 for 15 minutes or more. Some people get COVID-19 without knowing how they were exposed.

### **My child had close contact with someone who has COVID-19 but is not sick. What should I do?**

Your child should self-quarantine for 14 days. This means that your child should stay home. They cannot go to work or school and should avoid public places for the entire 14 days. Monitor their health daily and check them for fever, cough, shortness of breath, and other symptoms listed above for 14 days from the last day they had close contact with the person that was positive with COVID-19. From the time of exposure, people who contract the virus can take 2 to 14 days to show symptoms. This is why people must self-quarantine for 14 days from last exposure. If a person is exposed to someone they live with and they cannot quarantine away from the person who is positive, their quarantine may last longer.

### **My child had close contact with someone who tested positive for COVID-19 and now they are sick. What should I do?**

If your child was exposed to COVID-19 and gets symptoms, they should self-isolate even if they have very mild symptoms. Self-isolation means that the sick person should stay home and away from others, including members of their own household. The child should have their own room with their own bathroom, separate from everyone else, if possible. If your child was a close contact to someone and now is ill, contact their health care provider and consider having them

tested. The Health Department offers free COVID-19 testing without a referral. Please, see contact information for the Health Department at the end of this handout. More guidance is available in the handout **What Should You Do If Your Child Has Symptoms of COVID-19**

### **What's the difference between isolation and quarantine?**

- **Isolation** is what you do if you have COVID-19 symptoms or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.
- **Quarantine** is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

### **Participate in a public health interview**

If someone with COVID-19 tells public health they have recently been in close contact with you, you may hear from us by text or phone call. An interviewer will help you understand what to do and what support is available. The interviewer will not tell you who gave them your name.

If you later become ill, they will ask you for the names and contact information of people you were recently in close contact with to notify them about exposure. They will not share your name when they reach out to them.

## **More COVID-19 Information, Testing, and Resources**

**Have more questions about COVID-19?** Please reach out to:

#### ***Florida Department of Health in Polk County***

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