

Your child may have been exposed to:

COVID-19

COVID-19 is a highly contagious viral illness. It is a common infection that may be prevented by vaccination.

If you think your child has COVID-19, tell your childcare provider or school.

Keep your child home from childcare and school until all of the following are true:

1. It has been 5 days since symptoms first started (or 5 days since a test was taken if your child does not have any symptoms) **and**
2. until 24 hours after fever is gone (without the use of a fever reducing medicine) **and**
3. symptoms are improving and child can wear a well-fitting mask at childcare/school for 10 days after symptoms started (or 10 days after test was taken if your child does not have symptoms).

Children under 2 years of age and others who are unable to wear a well-fitting mask should stay home for 10 full days.

A child with COVID-19 should stay home and not attend any activities during this time.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Symptoms

Your child may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell. Your child may also be infected and have no symptoms.

If your child has been infected, it may take 2 to 14 days for symptoms to start.

Spread

- By close contact with someone who is infected.
- By breathing, coughing, and sneezing.

Cases with no symptoms can still spread disease to others.

Contagious period

If your child has symptoms: From 2 days before to 10 days after the symptoms started.

If your child never had any symptoms: from 2 days before to 10 days after the test was taken.

Call your health care provider

If anyone in your home:

- Has any COVID-19 symptoms. A test may be done in the clinic or at home.
- Has been exposed to COVID-19. An exposure to COVID-19 means a person is near a COVID-19 case within 6 feet for 15 minutes or more during a 24-hour period. Exposed children should be tested 6 days after exposure.

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Prevention

- Monitor your child for COVID-19 symptoms. If your child is ill, regardless of vaccination status, stay home and get tested.
- COVID-19 vaccine is recommended for all who are eligible. Booster vaccine doses are also recommended for some groups.
- Wear a well-fitting mask if returning to school or childcare after day 5 of an exclusion period.
- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.
- Children exposed to COVID should test on day 6 after exposure, wear a mask for 10 days, and watch for any symptoms. If symptoms develop, stay at home and get tested.