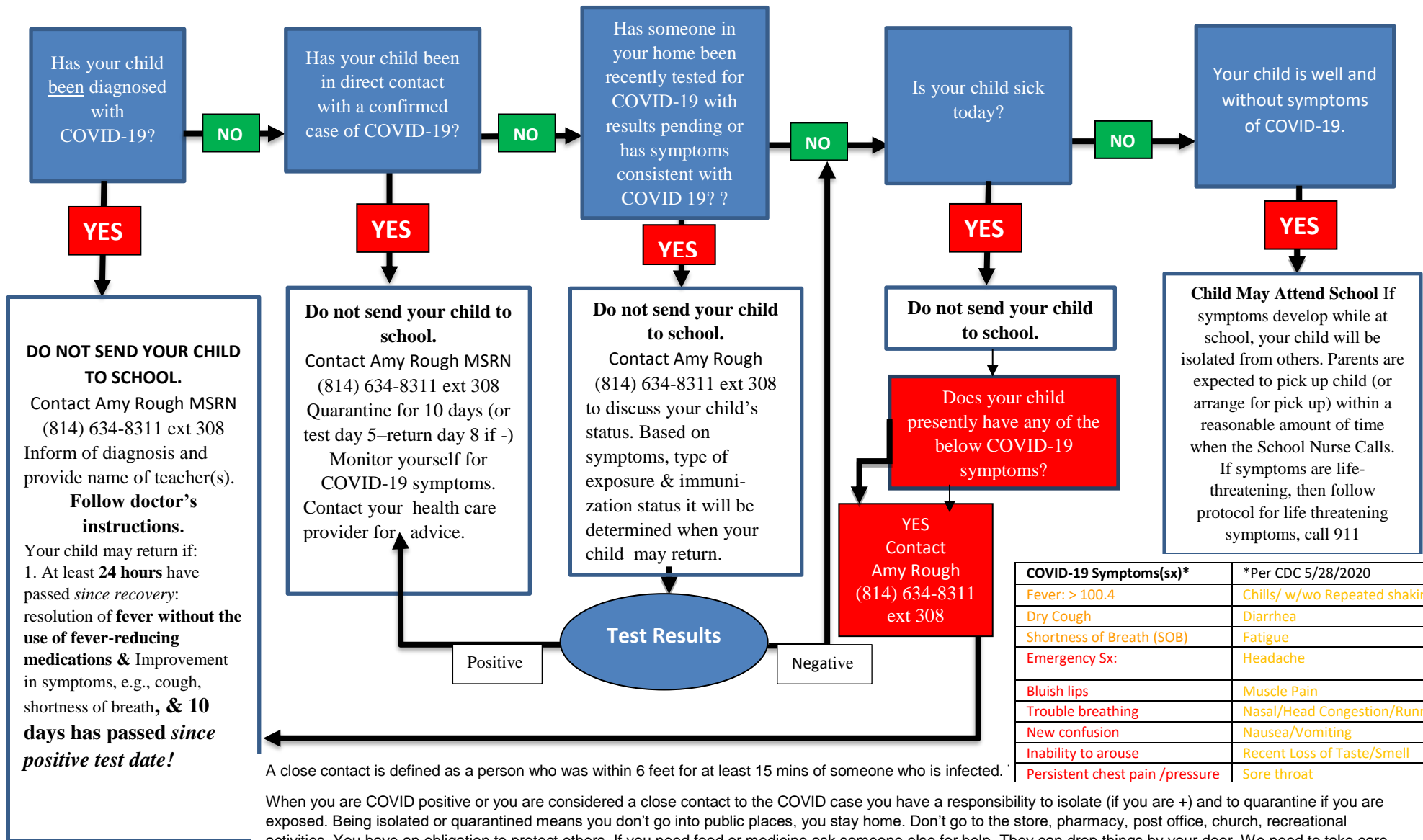


# Should I send my child to school today?



COVID-19 Symptoms(sx)*	*Per CDC 5/28/2020
Fever: > 100.4	Chills/ w/wo Repeated shaking
Dry Cough	Diarrhea
Shortness of Breath (SOB)	Fatigue
Emergency Sx:	Headache
Bluish lips	Muscle Pain
Trouble breathing	Nasal/Head Congestion/Runny
New confusion	Nausea/Vomiting
Inability to arouse	Recent Loss of Taste/Smell
Persistent chest pain /pressure	Sore throat

A close contact is defined as a person who was within 6 feet for at least 15 mins of someone who is infected.

When you are COVID positive or you are considered a close contact to the COVID case you have a responsibility to isolate (if you are +) and to quarantine if you are exposed. Being isolated or quarantined means you don't go into public places, you stay home. Don't go to the store, pharmacy, post office, church, recreational activities. You have an obligation to protect others. If you need food or medicine ask someone else for help. They can drop things by your door. We need to take care of each other and show respect for others.

A negative COVID test does NOT negate a quarantine – you still have to wait out your quarantine if you were exposed. A negative test on day 5 of exposure can lessen your quarantine to 8 days if the positive person does not live with you. If you had the immunization – you do not have to quarantine if you don't have symptoms – but testing on day 5 and wearing a mask for 14 days is recommended.

The reason household members of a positive COVID case have a longer quarantine is because the COVID positive person is contagious for 10 days, those in the household might not catch it until the 10th day which means the virus can incubate in the other family members up until 10-14 days. Therefore household members have to quarantine for 20 days from the COVID + person's test date and keep checking for symptoms of COVID 19 for 4 more days. If you want to test out of the 20 days, you would wait out the COVID + person's 10days, get tested on day 15, and if negative can return day 18.