

Covid-19 Exposure

- Symptoms usually begin 2-14 days after being exposed to the virus
- May include cough and shortness of breath
- At least two of these symptoms can also suggest a person has COVID-19: fever, chills, muscle pain, headache, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea, congestion, runny nose, fatigue, or dizziness.

Exposure:

Close contact (< 6 feet or closer) for ≥15 minutes (or cumulative ≥15 minutes) or direct exposure to respiratory droplets through cough, sneeze, etc.

*Who should ISOLATE?

- People who have symptoms of COVID-19 and are able to recover at home
- People who have no symptoms (are asymptomatic) but have tested positive for Covid-19
- Isolation should begin at the onset of symptoms or a positive Covid test for a person without symptoms and last for 10 days - AND -
- 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improving

NO

YES

Symptoms

No Symptoms

Symptoms

No Symptoms

- Keep child home and away from others
- Consult your child's doctor if symptoms of Covid-19 are present
- The doctor will determine whether Covid-19 testing is appropriate

- Monitor for symptoms
- Consult your child's doctor if symptoms of Covid-19 develop

ISOLATE*
(stay away from others - see above)

- Consult your child's doctor
- The doctor will determine whether Covid-19 testing is appropriate

QUARANTINE
(stay home)

- 10 days after last exposure without a Covid-19 test
- OR
- 7 days after last exposure with a negative Covid -19 test on days 5-7 of quarantine
 - The CDC maintains that a 14 day quarantine is the safest, and symptoms should be monitored during that time.