

Supporting Children and Families during Quarantine and Isolation A Guide for Back to School Family Planning

Children are returning to classrooms all across Oregon. This can bring about many questions and concerns regarding what happens if your child is asked to stay home due to being exposed to a person with COVID-19 or if they become ill themselves. The Oregon Health Authority and Oregon Department of Education have partnered to prepare resources for families to utilize in planning and supporting your children and family should you need to quarantine or isolate during the school year.

First and foremost, your child should stay home from school if:

- They have a temperature of 100.5 or higher.
- They are feeling ill, even if they do not have COVID-19 or symptoms of COVID-19.
- They are showing symptoms of COVID-19 and should be isolated.
- They test positive for COVID-19, even if they show no symptoms.
- They have been in close contact with someone who has COVID-19 and the school and local public health department recommends quarantine.
- If a member of your household tests positive for COVID-19.

You are also likely wondering what isolation and quarantine might mean for you and your family. Quarantine and isolation are actions that help stop the spread of COVID-19.

- **Quarantine** means keeping someone who may have been exposed to COVID-19 away from others outside their home. A person can spread COVID-19 before they have symptoms. Quarantine reduces the risk of accidentally spreading the virus to other people. If members of the same household have not directly been in close contact with someone who has COVID-19, and they are not showing symptoms, they do not need to quarantine.
- **Isolation** means that someone who has tested positive for COVID-19 stays home and stays away from other people in their home as much as possible. If your child, or anyone else in your home, tests positive for COVID-19, we ask that they follow isolation guidelines, including any specific instructions from the local public health department.

To learn more about isolation, quarantine and the steps schools will take if your child is ill or exposed, please review the [guide for caregivers, parents and families](#). In order to be prepared, please work through the Back to School Family Plan provided below. Your child’s school will have important information and resources to help you understand their plan to support your child’s education should your child be asked to stay home.

Back to School Family Plan

Pre-Planning for Quarantine/Isolation

Recognizing that your child might be required to quarantine or isolate at some point in the school year, parents and families should consider the following **before** there is a need for quarantine or isolation. Having a plan can help you prepare and have the necessary things in place should you have to quarantine or isolate. Use this Back to School Family Plan to outline the steps you will take to keep your family and community safe.

Questions to Consider	Family Plan
Are you and your household members vaccinated, if they can be? Learn more about the COVID-19 Vaccine.	
Does your child’s school have your current contact information or a way to reach you or your emergency contact if you do not have access to a phone?	
What plan do you have in place in case you are unable to pick up your child from school? Please make sure your school has your emergency contact’s information.	
Do you know your child’s school’s plan to provide education in case of quarantine? If not, contact your child’s teacher.	
Do you have access to a vaccinated caregiver should you not be able to stay at home with your child? If not, who might you ask for help?	

<p>Do you have access to a private space in the home where someone ill can separate from others? If not, describe how you will separate the ill person from others as best you can.</p>	
<p>Do you live with those who are at more risk to have serious symptoms if they contract COVID-19? If so, what is your plan to keep them away from ill people?</p>	
<p>Prepare your child by talking to them about COVID-19, wearing a mask, using physical distance and other safety measures that you or the school have put in place. What measures from the resource list will you talk about with you child?</p>	
<p>What supplies do you need on hand to reduce the chance of spreading COVID-19 should your child or family members become ill (e.g., masks, hand sanitizer, cleaning supplies)? What else do you need?</p>	
<p>What medicine do you have on hand for fever, cough, pain, etc.? What else do you need?</p>	

During Quarantine/Isolation

Parents and families should consider the following **during** the need for quarantine or isolation. This information is shared here to support further preparation. If your child or someone in your household is ill with COVID-19, use precautions to keep them as separate as possible from others. When interacting with ill people, remember to use face masks, wash your hands, and frequently clean surfaces. **Call 911 if your child or anyone in your household has any of these severe symptoms: difficulty breathing, pain or pressure in the chest or belly, unable to drink or keep liquids down, new confusion or inability to wake up, and/or bluish lips or face.**

Considerations	Family Plan
<p>If your child is sent home from school ask:</p>	

<ul style="list-style-type: none"> • When can they return? • If they are not ill, what is the plan for learning from home? • Is there a free school based option for COVID testing? • Can my child still access breakfast/lunch/afternoon meal from home? • What are the remote learning options? 	
<p>Do you have an interpreter, trusted family member or friend who can translate for you if necessary?</p>	
<p>If you have concerns that your family members might be ill with COVID-19, you may want to get tested. Learn more about COVID-19 testing.</p>	
<p>Answer or return all calls from your local health department. They will help you understand what you need to do to keep your child and family healthy. Follow all of the advice from the local health department.</p>	
<p>The local health department can help you in many ways. List some areas that you might need support, such as:</p> <ul style="list-style-type: none"> • How to get access to medical help • Food, housing, and utilities assistance • Names of people and places that can support you while staying home <p>Find your local health department</p>	

<p>If your child or a member of the household needs a medical appointment, connect with your health care provider before going to their office. They may set up a video/phone appointment or need you to follow special steps to go into the office.</p>	
<p>This can be a very difficult time for children and families. ODE has a number of resources to help:</p> <ul style="list-style-type: none"> • Mental Health and Social Supports for Children and Families • Five key ways to support mental health • How to cope with stress during an infectious disease outbreak • How to support children and teens through loss and trauma <p>Are there ideas in these resources that you'd like to write down to remember?</p>	
<p>If you are unable to leave your home due to being ill, how can you get access to groceries, medication, or prescriptions without leaving your home? Check if your grocery store or pharmacy can offer delivery or curbside pickup.</p>	
<p>Connect with your child's teachers to find out how best to access school while your child is at home and have the resources (computer, internet, etc.) you need to help your child stay on track.</p>	

Planning for a Return to School

In order to support your child's successful **return to school**, consider the following after quarantine or isolation. Remember to stay in touch with your school and local health department, and follow the timeline they provide for your child to return to school. If your child continues to show symptoms, or if additional members of your household become ill, let your school and local health department know.

Questions to Consider
Make plans for your child to return to school when the school district and the local health department say that it is ok. If you are not sure about when your child can go back to school, reach out to them. Discuss a reentry plan with your school and district.
During quarantine, if your child or a person in your household gets ill, write down the date that they started to feel ill and let the school and local health department know.
Connect with your school district or local health department if you need additional services and support, even after your child returns to school. They are available to help.
Help your child stay on track at school. What teachers or staff should you follow up with to see if there is any class work they need to do?
Returning to school after an absence can be hard. What are some ways that you can talk to your child about how they are feeling and what they should say if people ask about why they were gone?

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us