

My Child is Showing Signs of COVID-19 at School: What Do I Do?

Quick Guide for Parents and Guardians

If your child is sick or shows signs of illness, do not send them to school.



1. Pick Up Your Child

- If possible, pick up your child alone.
- If possible, wait in the car for your child. Call the front desk to send out student(s).
- Everyone in the car should wear a mask except for children under 2 years old.
- Open the car windows for ventilation.
- If possible, wait 24 hours before cleaning and disinfecting your car, as that allows more time for the amount of virus in the air of your car to die off.
- If unable to pick up your child, work with your school to identify the best way to safely transport your child.
- Arrange to pick up any of your child's supplies (if applicable). Check in with teachers as appropriate.

2. Keep your child at home and monitor their symptoms

Call your child's healthcare provider or school nurse to discuss whether your child needs to be evaluated and to determine options for getting tested for COVID-19. Testing is offered at school.

- If possible, have the sick child (and anyone else who has symptoms) keep away from others and use a separate bathroom/rooms for 10 days. When not able to keep away from others, a mask should be worn by all members of the household.
- After being in contact with someone with COVID-19, it can take up to 14 days to know if you are sick. All members of the household should stay home and avoid contact with others outside of your home. An exception would be going to your doctor if advised.
- Encourage everyone in the household to wash their hands often and avoid sharing personal household items with others (e.g., dishes, cups, towels, bedding, countertops).
- Use an effective household disinfectant to clean "high-touch" surfaces and everyday items such as doorhandles, countertops, and faucets.
- Siblings will remain home if isolation will not be maintained. Students may test to reduce their days out of school. Speak with your school nurse to discuss plans.

3. If your child tests positive for or is suspected of having COVID-19

- **If your child tests positive for COVID-19, notify the school.**
- **Your child can return to in-person school only after:**
 - It has been at least 10 days since symptoms started **and**
 - Overall symptoms have improved **and**
 - Your child has had no fever for at least 24 hours (without fever reducing medication).



cdc.gov/coronavirus