WHAT TO DO IF YOUR CHILD HAS
COVID–19

Staying home when sick can lower the risk of spreading communicable diseases. There are precautions you and your child can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick.

ISOLATION RECOMMENDATIONS:
FOR PEOPLE WHO TEST POSITIVE

- **Stay home if you have COVID-19 symptoms**, until you have not had a fever for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving.
  - Consider isolating for additional days in order to reduce risk of exposures, in line with the potential infectious period.
  - If you do not have symptoms, you should follow the recommendations below to reduce exposure to others.
- **Mask** when you are around other people indoors for the 10 days* after you become sick or test positive (if no symptoms).
  - You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date.

- **Avoid contact** with people at higher-risk for severe COVID-19 for 10 days*.
  - Higher-risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and that put them at higher risk for serious illness.
- **Seek Treatment**. If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon as you test positive.
  - You may be eligible for antiviral medicines or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start.

FOR CLOSE CONTACTS OF CASES

- **If you have new COVID-19 symptoms**, you should test and mask right away.
- **If you do not have symptoms** and are at higher risk of severe COVID-19 infection and would benefit from treatment, you should test within 5 days.
- **If you do not have symptoms** and have contact with people who are at higher risk for severe infection, you should mask indoors when around such people for 10 days. Consider testing within 5 days after the last exposure date (Day 0) and before contact with higher-risk people. For further details, see CDPH COVID-19 testing guidance.

*The potential infectious period is 2 days before the date of symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date).

ⓘ OTHER CONSIDERATIONS

TESTING
- For more information on testing, see the Updated COVID-19 Testing Guidance.

MASKING
- All persons wearing masks should optimize mask fit and filtration, ideally through use of a respirator (N95, KN95, KF94). If a respirator is not available, a surgical mask may be used. See When and Why to Wear a Mask for more information.

SCHOOLS & CHILD CARE PROGRAMS
- For guidance on the management of infected and exposed people in K–12 school and child care settings, see the Guidance for K-12 Schools and Child Care Settings to Mitigate the Spread of Communicable Disease, 2023 –2024 School Year.

WHAT ARE SOME COVID-19 SYMPTOMS?

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

WHEN SHOULD MY CHILD GET MEDICAL CARE?

Get medical care if your child's symptoms worsen, especially if they are at a higher risk of serious illness.

Call 911 if your child starts to have emergency warning signs

| Difficulty breathing | Pressure or pain in chest | Bluish lips or face | Confused or hard to wake | Other serious symptoms |

If you call 911, tell the dispatch personnel that your child has COVID-19.

For more information, please contact the COVID-19 information line at (951) 358-5000 or click on the links below:

| Resources | COVID-19 Testing | COVID-19 Vaccine | At-Home Test Reporting | CA Safe Schools for All | RUHS Guidance |

To see if your child ages 12+ qualify for COVID-19 treatment options, please contact your child's healthcare provider.
For more information, visit www.ruhealth.org/public-health/covid-19-treatment-options