

## CORONAVIRUS DISEASE 2019 (COVID-19): TIPS FOR PARENTS WHEN A CHILD MUST QUARANTINE

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Coronavirus Disease (COVID-19) is a viral infection that spreads primarily through close person-to-person contact. Most children with COVID-19 have mild or no symptoms. However, some children can get severely ill from COVID-19 and can even require hospitalization. Children who test positive for COVID-19 are able to pass the virus to others even if they do not show symptoms themselves. The best method to prevent and slow the spread of COVID-19 is to maintain social distancing, wash hands frequently, stay home if feeling ill, avoid sick people, and remain well informed.

### What Does “Quarantine” Mean?\*

“Quarantine” means keeping a child **who might have been exposed** to the virus away from others. Quarantine helps prevent the spread of disease that can occur before a child knows they are sick.

### How to Quarantine at Home?

- Stay at home for 14 days after your child’s last contact with a person who has COVID-19 and/or following travel to higher-risk areas.
- Monitor your child for COVID-19 symptoms daily. Children may have any of these signs or symptoms:
  - Fever or chills
  - Cough
  - Shortness of breath
  - Fatigue
  - Muscle or body aches
  - Headache
  - Stomachache
  - New loss of taste or smell
  - Sore throat
  - Nasal congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
  - Poor appetite or poor feeding, especially in babies under 1 year old
- **Seek medical care immediately if your child shows the following signs:**
  - Pain or pressure in the chest that doesn’t go away
  - New confusion
  - Can’t wake up or stay awake during non-bedtime hours
  - Blue lips or face
  - Symptoms of Multisystem Inflammatory Syndrome in Children (MIS-C), to include neck pain, rash, bloodshot eyes, and/or feeling extra tired
- If your child develops symptoms and may have been infected with COVID-19:
  - Call your child’s healthcare provider to discuss whether your child needs to be evaluated or tested.
  - Notify your child’s school or daycare facility that your child is sick. Also inform the school or daycare facility if your child has had a COVID-19 test and what the result is, if available.
  - Review your child’s school or daycare facility policies related to when your child can return.
- If possible, stay away from others, especially people who are at higher risk for serious complications from COVID-19 illness.

## Additional Recommendations for Family Members Caring for a Child in Quarantine:

- Keep track of who your child comes into close contact with for potential contact tracing purposes.
- If possible, keep your child at least 6 feet away from other household members.
- Separate your child from others in your household who may be at increased risk of developing severe illness if they contract COVID-19.
- Wear a mask (or face covering) when caring for your child.
  - Please remember children under 2 years of age should not wear a mask.
- Everyone in the household should wash their hands for at least 20 seconds, or use an alcohol-based hand sanitizer often.
- Do not share dishes, cups, glasses, silverware, bedding, etc. with your child.
- Clean and disinfect high-touch surfaces and items with soap and water and household disinfectant.
- Postpone visits and consider connecting with family and friends virtually.
- Your child's laundry can be washed with other household members' laundry.
  - Consider wearing disposable gloves when handling your child's laundry; remove disposable gloves and wash hands immediately.
  - Wash and dry items on the hottest temperature setting.
  - Clean and disinfect clothes hampers and wash hands again.
- Ensure household members are up-to-date on seasonal influenza vaccinations.

## Where to Find More Information?

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

KidsHealth from Nemours

<https://kidshealth.org/en/parents/coronavirus.html?WT.ac=p-feat>

### **\*NOTE:**

“Isolation” means keeping someone who is infected with the virus away from others, including while in their own home. Children in isolation should stay home until it's safe for them to be around others (e.g., At least 10 days from the date that symptoms first appeared, at least 24 hours “fever-free” without the aid of fever-reducing medication, and when other symptoms of COVID-19 are improving. Loss of taste and smell may persist for weeks or months and should not delay the end of isolation).

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