



COVID-19 Exposure Notification

Your child was exposed to a case of COVID-19 while in school or participating in a school-based activity. Due to privacy concerns, the individual with COVID-19 will not be identified.

Close contact resulting in an exposure met the following guidelines:

- An actively contagious student or staff in the same classroom
- Direct contact with a contagious student or staff person
- Shared eating or drinking
- Common extracurricular activities
- Transportation shared with an actively contagious student or staff person

Guidance for self-quarantine

- Your child is recommended to quarantine at home following exposure to an infectious person. The quarantine period is 10 days from the **date of exposure**. This time period could be shortened if your child is tested on or after **Day 5** following exposure and has a **negative test**.
- While in quarantine, consider a separate space for your child to quarantine limiting time in common spaces where possible.
- It is important to monitor yourself for symptoms regularly. Take your child's temperature twice daily, if possible.
- Contact your healthcare provider AND seek testing with any of the following symptoms:
 - Sudden loss of taste or smell
 - Fever >100 degrees F
 - Two or more of the following- cough, runny nose, muscle aches, sore throat
 - Sudden difficulty breathing or shortness of breath

What if you become ill?

A person with COVID-19 is able to spread the virus to others **two days before symptoms start through at least 10 days after symptoms start**. Your child is no longer contagious 10 days after your symptoms start, IF you are feeling better AND are without a fever for at least 24 hours without medication.

If at 10 days after getting sick your child does not feel better, he or she needs to stay isolated from others. Talk with your health care provider or public health if you have concerns about illness lasting more than 10 days. Be sure to seek medical treatment **immediately** if your symptoms worsen or you have difficulty breathing.

Where do I go for more information?

CDC – What to do if a student becomes sick

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/student-becomes-sick-diagnosis-flowchart.html>

CDC – What to do if you are sick

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>