For Parents and Guardians:

**COVID-19 Symptom and Exposure Check**

1. Has your child had any symptoms listed below that are NEW or DIFFERENT from usual?

   - Fever (100.4°F/38°C or higher) or chills
   - Cough
   - Headache
   - Sore throat
   - Loss of taste or smell. Children may say that food “tastes bad” or “tastes funny”
   - Feeling out of breath or having a hard time breathing
   - Nasal congestion or runny nose
   - Diarrhea, nausea or vomiting
   - Fatigue
   - Muscle aches or body aches

If your child has any of the symptoms above:

   - Contact your child’s doctor, and have your child tested for COVID-19.
   - Keep your child at home until you get their test results.
   - Tell your child’s school or program.
2. Was your child in close contact to someone with COVID-19 in the last 14 days?

Skip this question if your child had a positive lab COVID-19 test confirmed by Lane County in the last 3 months.

Answer YES if your child was within 6 feet of someone with COVID-19 for a total of 15 minutes or more over the course of a day, even if both people were wearing masks.

People can spread COVID-19 to others 2 days before they start having symptoms or test positive, and until 10 days after symptoms started or test positive.

If your child was fully vaccinated for COVID-19, they can keep going to school, unless they develop symptoms. Consider having them tested for 5-7 days after their close contact.

If your child was not fully vaccinated for COVID-19, they must stay home. Follow quarantine guidelines.

For Parents and Guardians:

Returning to school or other programs

After COVID-19 symptoms, without known close contact

If your child gets tested for COVID-19 and didn’t have a known close contact with a positive case, they can return if their test is negative. They must stay at home until you get all their test results. They must also follow their school’s or program’s rules on returning after illness. Students symptoms should be getting better and fever should be gone for 24 hours without needing to take ibuprofen or tylenol.

Testing is usually the fastest way for your child to go back to their school or program. You must show proof of your child’s negative test, for example, the test result or a message from your clinic or test site that the test was negative. When your child gets tested, let the clinic or test site know that you will need this. Your child cannot end quarantine early with a negative test result.

If your child is not tested, they must stay out of school until:
- 10 days have passed since their symptoms first appeared AND
- 24 hours with no fever, without taking medicines for fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) AND
- They are starting to feel better. Their other symptoms do not have to be completely gone.
If your child had close contact to COVID-19 and now has symptoms, they may meet criteria for a presumptive case. You should contact your child’s doctor, have your child tested for COVID-19, and you’re your child at home.

Sometimes a child’s illness is clearly due to another cause, fever or an ear infection. Other times, a child’s symptoms may be from a known medical condition, like a runny nose in a child with known allergies. In these situations, your child’s doctor or clinic may give you a note saying that your child can go back to their school or program without a COVID-19 test.

This does not mean that your child does not have COVID-19. Many children with COVID-19 do not have any symptoms. It only means that a clear cause other than COVID-19 was found for your child’s symptoms.

If your child has a note from their doctor or clinic saying that they can go back to school, the school should accept the note without a COVID-19 test. The note can be an email, electronic message or part of an after-visit summary.

If your child had close contact to COVID-19 and now has symptoms, they may meet criteria for a presumptive case. You should contact your child’s doctor, have your child tested for COVID-19, and you’re your child at home.

### Exceptions: Doctor’s Note or Clinic Note

- Contact your child’s doctor or the clinic listed on their health insurance card.
- If your child does not have health insurance or a regular doctor, call **541-682-1380**, M-F 8am-5pm or Visit: [https://lanecounty.org/communitytesting](https://lanecounty.org/communitytesting) for a list of free testing clinics.
- To learn more about COVID-19 quarantine and isolation resources, visit: [https://lanecounty.org/cms/One.aspx?portalId=3585881&pageId=16752664](https://lanecounty.org/cms/One.aspx?portalId=3585881&pageId=16752664)