

Your child has tested positive for COVID-19

Treating COVID-19

- Coronavirus is a viral illness - antibiotics will not help.
- Get plenty of rest and drink a lot of water or other liquids.
- Your doctor may suggest acetaminophen (Tylenol®) and ibuprofen (Motrin® or Advil®) for fevers, aches, and pains.

Monoclonal Antibody Treatment

This treatment can help the body fight the virus but it is only an option for some children.

- must be 12 years old and older
- must weigh at least 88 pounds

Your child must also be at high risk for getting worse. There can be many reasons for being high risk such as:

- having a chronic medical condition
- being overweight or obese
- being African American or Latino

Talk to your doctor if you think your child qualifies.

When to call your doctor or 911

Call your doctor if your child seems to be getting worse or having new symptoms, especially skin changes or changes to the eyes or mouth.

Call 911 or go to the emergency room if your child has any of these symptoms:

- Trouble breathing.
- Pain or pressure in the chest that doesn't go away.
- Easily confused.
- Not able to wake up or stay awake.
- Bluish lips or face.

While at home

- Even if your child is not showing symptoms, they can still spread the virus for 10 days.
- Try to keep them in their room as much as possible, and using their own bathroom.
- If they are older than 2, have them wear a mask in shared spaces.
- Do not share towels, cups, utensils or bathroom supplies.
- Wash your hands a lot.

Returning to daycare or school

Your child needs to isolate by staying at home and away from anyone who does not live in your house.

They need to isolate until all three of these are true:

1. They have had no fever for 24 hours without Tylenol or Motrin.
2. Their cough and other symptoms are improving.
3. It has been at least 10 days since they started getting sick.

- Waiting 10 days keeps your child from passing COVID-19 to others.
- If your child has other healthcare needs or will be admitted to a hospital after COVID-19, there may be other things you'll need to do. Please discuss this with your doctor.

Returning to sports

- Most kids can return to regular play (not sports) when they are feeling better and have met all the conditions above.
- Even with a mild case of COVID-19, kids who play sports should rest for 10 days AFTER symptoms have resolved.
- Return to sports slowly and pay extra attention to breathing and heart problems.
- In rare cases, kids can have heart problems after COVID-19.
- Talk to your doctor to see if your child needs more testing.

Family and caregiver quarantine instructions

Anyone who has close contact with your child is exposed to coronavirus and will need to follow quarantine guidelines.

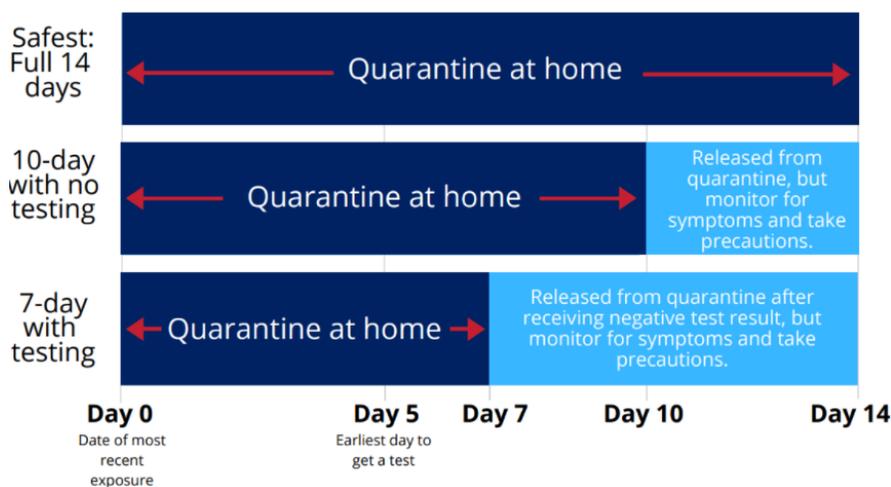
Quarantine means to remain at home and avoid all public activities. This means do not go to work, church, school, stores (including grocery stores), or any public events or places.

Close contact means anyone who:

- is within 6 feet of your child for a total of 15 minutes or more, even if that 15 minutes was spread out over a whole day (for example: 5 minutes at breakfast, 5 minutes at lunch, and 5 minutes at dinner = 15 minutes).
- provides care to your sick child.
- has direct physical contact with your child such as touching, hugging, or kissing.
- shares eating or drinking utensils with your child.
- your child may have sneezed, coughed or somehow gotten respiratory droplets on.

If you or other family members are NOT fully vaccinated for COVID-19

- Children with COVID-19 can spread the virus for 10 days, even if they do not have symptoms or seem sick.
- Each of those days counts as a new day YOU were exposed to COVID-19.
- It can take 14 days for YOU to start showing symptoms.
- **AFTER** your child is well and allowed to go back to day care or school, YOU must begin quarantine.
- For example, if your child is well enough to return to school / daycare TODAY, your quarantine is just beginning.
- Both the CDC and Cook Children's doctors strongly advise a **14-day** quarantine.
- *If you have to, and you are not having symptoms*, you can consider stopping quarantine sooner:
 - after 10 days if you don't get tested
 - after 7 days if you do get tested on day 5, 6, or 7 and the result is negative



- If you begin to have symptoms such as fever, cough, or trouble breathing, call your health care provider.

If you or other family members ARE fully vaccinated for COVID-19

- You are fully vaccinated if it has been at least two weeks since you got your 2nd shot of the two dose vaccine or two weeks since you got your shot of the single dose vaccine.
- If you did not show any symptoms of COVID-19 while your child was sick, you are not required to quarantine.
- The CDC does recommend a COVID-19 test on day 3-5 after your last exposure, just to be safe.
- You should wear a mask indoors for a minimum of 14 days after your child is well, even if vaccinated.