Your child may have been exposed to:

COVID-19	COVID-19 is a highly contagious viral illness. It is a common infection that may be prevented by vaccination.

If you think your child has COVID-19, tell your childcare provider or school.

Keep your child home from childcare and school until all 3 of the following are true:

1. 10 days after symptoms first started (or 10 days after a lab test was taken if your child does not have any symptoms) **and**
2. until 24 hours after fever is gone (without the use of a fever reducing medicine) **and**
3. symptoms are improving.

A child with COVID-19 should stay home and not attend any activities during this time.

If a case of COVID-19 occurs in your child's childcare or school, the school/childcare or public health will inform unvaccinated children and staff how long they will need to stay home.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Symptoms

Your child may have a fever, chills, cough, shortness of breath, body aches, headaches, vomiting/diarrhea, or a new loss of taste or smell. Your child may also be infected and have no symptoms.

If your child has been infected, it may take 2 to 14 days for symptoms to start.

Spread

- By close contact with some who is infected.
- By breathing, coughing, and sneezing.
- By touching contaminated objects or surfaces.

Cases with no symptoms can still spread disease to others.

Contagious period

If your child has symptoms: From 2 days before to 10 days after the symptoms started.

If your child never had any symptoms: from 2 days before to 10 days after the lab test was taken.

Call your health care provider

If anyone in your home:

- Has any COVID-19 symptoms. A lab test may be done.
- Has been exposed to COVID-19. An exposure to COVID-19 means a person is near a COVID-19 case within 6 feet for 15 minutes or more during a 24-hour period. Your unvaccinated child should be tested 5 days after their exposure.

Hennepin

COVID-19	COVID-19 is a highly contagious viral illness. It is a common infection that may be prevented by vaccination.

Prevention

- If you are 12 years of age or older, a COVID-19 vaccine is recommended.
- If you are not vaccinated, wear a face covering and leave space when around people not in your household (social distance).
- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.