



**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?**

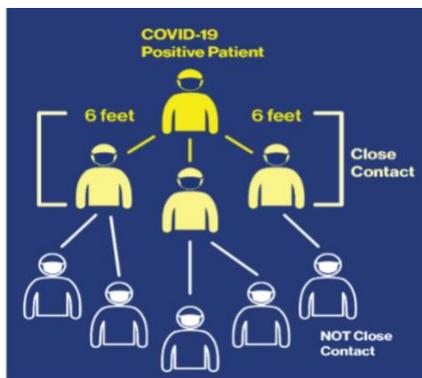
- Fever (100.4°F/38°C or higher) or chills
- Cough
- Headache
- Sore throat
- Loss of taste or smell that started in the last 10 days  
*Children may say that food “tastes bad” or “tastes funny”*
- Feeling out of breath or having a hard time breathing
- Diarrhea, nausea or vomiting
- Fatigue
- Muscle 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 10 days?**



*Skip this question if your child had a positive COVID-19 test 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 with COVID-19 can spread the infection to others starting 2 days before they begin to have symptoms until 10 days after their symptoms started. People who test positive without any symptoms are contagious from 2 days before until 10 days after their test.

**If your child was fully vaccinated for COVID-19, they can keep going to school. You should have 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 the quarantine instructions** at <https://www.sfdph.org/dph/files/ig/quarantine-instructions-under-18.pdf>

*For more information on what to do for COVID-19 symptoms, exposures, and positive tests, see <https://www.sfdph.org/dph/covid-19/isolation-and-quarantine.asp>*



**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**, they can return if their test is negative. They must stay at home until you get their test result. They must also follow their school's or program's rules on returning after illness. For example, many schools ask students to wait for 24 hours after a fever before returning to school.

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.



**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 symptoms do not have to be completely gone.

#### **Exceptions: Doctor's Note or Clinic Note**

Sometimes a child's illness is clearly due to another cause, like strep throat or hand-foot-and-mouth disease. Other times, a child's symptoms may be from a known medical condition, like a cough 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,**

See the SFDPH home quarantine instructions for children and youth for when they can return to their school, at <https://www.sfdph.org/dph/files/ig/quarantine-instructions-under-18.pdf>

#### **Getting a COVID-19 test for your child**

- 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
  - SFDPH New Patient Appointment Call Center for COVID-19 at 415-682-1740
  - Mission Neighborhood Health Center at 415-552-3870 x2217
- For other places where your child can get tested, see <https://sf.gov/gettested>