



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/covid19

COVID-19 Q&A for Parents/Caregivers

What are the symptoms of COVID-19?

Symptoms include fever, sore throat, cough, diarrhea, severe headache, nausea or vomiting, body aches, loss of taste or smell, shortness of breath, fatigue, congestion or runny nose, chills.

How can I reduce my child's risk of getting COVID-19?

Since the virus is thought to spread mainly from person to person, the following measures can help reduce your child's risk of exposure: washing their hands often with soap and warm water, avoiding close contact with people who are sick, staying at least six feet from other people, wearing a mask when out in public, cleaning and disinfecting frequently touched surfaces.

When should I have my child tested?

If your child has experienced any of the above symptoms or has been in close contact with someone who has recently tested positive, keep your child home and call your school's COVID-19 point of contact (POC) to discuss next steps (including consulting with healthcare provider and possible testing).

Where can I go to get my child tested?

Your child's healthcare provider or your local public health district (PHD) will have information about testing locations in your community.

What should I do if my child tests positive?

If your child tests positive, they will need to stay home from school and remain isolated from others (except for the caregiver) until the child's health care provider, PHD, and school determines it's okay to return. In most cases, children with a positive test can return when they have been fever-free for 24 hours, their other symptoms have improved, and it has been at least 10 days since their symptoms started. Your child will not need to have a negative test result to return.

What happens if my child becomes sick in school?

If your child becomes sick in school, you will be notified to pick them up as soon as possible. The School COVID-19 POC will contact you to discuss next steps (including consulting with healthcare provider and possible testing).

How will I be notified if my child was exposed at school?

If another child, staff, or teacher tests positive in the school, the PHD will work with the school to investigate and determine close contacts (within 6 feet for 15 minutes or more). If your child was determined to be in close contact, you will be notified and asked to keep your child home for 14 days after their last contact with the person who tested positive.

What should I do if my child was exposed outside of school?

If your child has been in close contact (within 6 feet for 15 minutes or more) with someone outside of the school setting who has recently tested positive, call your school's COVID-19 POC to discuss next steps (including consulting with healthcare provider and possible testing). Your child will need to stay home for 14 days after their last contact with the person who tested positive.

This document was created 10/27/2020 using information and guidance available to-date and is subject to change per emerging guidance.



SOUTHWEST
DISTRICT HEALTH

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Additional Resources

Idaho Back to School Framework

<https://www.sde.idaho.gov/re-opening/files/Idaho-Back-to-School-Framework-2020.pdf>

CDC Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html>

A Healthier Southwest Idaho

<https://ahealthiersouthwestidaho.org/>



SOUTHWEST
DISTRICT HEALTH

SERVING ADAMS - CANYON - GEM - OWYHEE - PAYETTE - WASHINGTON COUNTIES

For current COVID-19 information visit <https://phd3.idaho.gov/covid19/>. The COVID-19 Hotline is available Monday-Friday 8:00 AM-5:00 PM (208) 455-5411

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Page 2 of 2