Department of Health
Resources for Families

What happens if my child has symptoms at home or gets sick in school?

- If your child has any of the symptoms listed below, keep them home from school and call the school to report their absence.
- If your child has any of the symptoms listed below while at school, they will be moved to an area set up specially for students not feeling well and you will be called to come pick up your child.

When does my child need a COVID-19 test?

Cough (new)	If your child has **ANY ONE** of these symptoms, your child **needs a COVID-19 test**.
Shortness of breath or difficulty breathing	• Call your child's healthcare provider for medical advice.
New loss of taste	• Call 844-857-1814 to schedule a K-12 COVID-19 test, seven days a week from 7:30 a.m. - 9:30 p.m.
New loss of smell	
Fever (temperature higher than 100.4° or feels feverish to the touch)	If your child has **TWO OR MORE** of these symptoms, your child **needs a COVID-19 test.**
Chills	• Call your child's healthcare provider for medical advice.
Muscle or body aches	• Call 844-857-1814 to schedule a K-12 COVID-19 test, seven days a week from 7:30 a.m. - 9:30 p.m.
Headache	If there is **ONLY ONE** of these symptoms,
Sore throat	• Call your child's healthcare provider for medical advice.
Fatigue	• Keep your child at home until they have been fever free for 24 hours without the use of fever-reducing medicine and their symptoms have improved.
Congestion or runny nose (new)	• Your child's healthcare provider may recommend testing.
Nausea or vomiting	
Diarrhea	

When can my child go back to school?
If your child had a COVID-19 test, your child can go back to school when:
1. You have received **all** COVID-19 test results and they are negative. AND
2. Your child has been fever free for 24 hours without taking fever-reducing medicine. AND
3. Your child's symptoms have improved. AND
4. Your child has not been told to quarantine by RIDOH because they're a close contact of a positive case.

If your child did not have a COVID-19 test because there was only one of the symptoms in the yellow box above, your child can go back to school when:
1. Your child has been fever free for 24 hours without taking fever-reducing medicine. AND
2. Your child's symptoms have improved.

What if my child tests positive for COVID-19?
Most children who get COVID-19 have milder symptoms than adults and can be cared for at home. Your child's healthcare provider, school, and RIDOH will help you and give you information about what to do. **Your child will need to stay home in isolation until they are no longer contagious**.

- ➢ Your child's healthcare provider will call you with test results if they ordered the test.
- ➢ RIDOH will call you with test results if the test was ordered through the K-12 COVID Test Scheduling Service.
- ➢ RIDOH will call and ask you questions about your child's health, symptoms, and activities in the past two weeks and give you information about:
  - o Symptoms to watch for;
  - o How to keep your child separated from others in the home while they are sick; and
  - o How long **your child will need to be at home in isolation** which means staying home until they are no longer contagious to others
- ➢ If your child feels well enough to do schoolwork, your child will continue to learn at home through distance learning.

After a positive test, your child can go back to school when:
1. It has been 10 days since the symptoms first started (20 days if your child has a serious problem with the immune system).
   AND
2. Your child has been fever free for 24 hours without taking fever-reducing medicine. AND
3. Your child's symptoms have improved.

What if my child is a close contact of someone who has COVID-19?
Your child will need to quarantine (stay at home) for 14 days after the day they were in close contact with the person with COVID-19. Close contact means being within six feet of someone with COVID-19 for 15 minutes or longer. Being that close to a person with COVID-19 for 15 minutes or longer means **you could catch COVID-19** from the person. People spread COVID-19 through small droplets of saliva that get into the air around them when they talk. Someone close by can breathe in those droplets and catch COVID-19. Even when wearing a face mask, a person with COVID-19 could spread the infection to someone close by.
If your child has had close contact with someone with COVID-19, you will get a call from RIDOH.

- ➢ RIDOH will call you with information about quarantine and how long your child will need to stay at home.
- ➢ During quarantine, you should watch your child for symptoms of COVID-19. If your child feels sick or gets any symptoms during quarantine, follow the instructions in the box on page 14.
- ➢ Your child **can get a test near the end of the quarantine** to make sure they don't have COVID-19 before going back to school. Even if the test is negative, your child needs to complete 14 days of quarantine at home.
- ➢ Your child will continue to learn at home through distance learning.

After being in **quarantine**, your child can go **back to school when:**
1. The 14-day quarantine time has ended.
2. Your child's COVID-19 symptoms have improved.
3. Your child had a negative test result, if they were.