

# COVID-19 Exposure and Testing FAQs

## Parent Corner

### **Q: My unvaccinated child has been sent home due to exposure at their school/day care. What do I do?**

Children who have not been vaccinated and were in close contact with someone who has COVID-19 should quarantine for seven days if they have no symptoms and return to school/day care on day eight if there has been a negative test result on day five or later.

If the child is not tested, they should quarantine for 10 days after their last contact with the person who has COVID-19. Monitor symptoms and watch for fever, cough or shortness of breath, loss of taste or smell, or other symptoms of COVID-19 infection. If no symptoms, they can return to school/day care on day 11.

### **Q: My fully vaccinated child has been sent home due to exposure at their school. What do I do?**

Children who are fully vaccinated should be able to return to school and do not need to quarantine after contact unless they have symptoms. Fully vaccinated children should get tested 3 to 5 days after exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days even if their test is negative.

### **Q: My child who already had COVID-19 has been sent home due to exposure at their school/day care. What do I do?**

If your child has had COVID-19 in the past 90 days and has no symptoms, quarantine usually is not necessary. Re-infection is rare in the first three months following infection. Always follow quarantine recommendations from your child's health provider or the health department. If your child develops symptoms of COVID-19, stay at home and contact your child's health provider about getting tested.

### **Q: My child has a cough, congestion, fever, sore throat or diarrhea, and I'm worried that it's COVID-19. What do I do?**

Stay home and contact your child's health provider to explain their symptoms. They may recommend you come in for testing.

### **Q: Where should my child go for required COVID-19 testing for school, day care or sports?**

Testing for people without symptoms is available at Norton Prompt Care at Walgreens clinics and Norton Healthcare Express Services. You may also contact your child's health provider to see if they offer testing.

### **Q: If my child has tested positive for COVID-19, what does that mean for the rest of my household?**

As much as possible, your child should stay in a specific room and bathroom. In general, other members of your household are exposed to COVID-19 as long as they are in the same home. Your child's isolation will be over after day 10 from when symptoms started or positive test result. This day also will be the last day of exposure for all other members of your household unless they can completely separate from the sick child by not sharing a bedroom, bathroom or any common spaces. Fully vaccinated household members should get tested 3 to 5 days after their last day of exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days until their test is negative. Unvaccinated members may test five days after the last day of exposure to end quarantine after day seven.

### **Q: Where should my child go for COVID-19 international travel testing?**

Norton Healthcare Express Services offers drive-thru testing by appointment.

### **Q: If my child has a positive COVID-19 test, what should we do?**

Have your child isolate for 10 days from the date of the positive test if there are no symptoms, or until at least 10 days from the first date of your child's symptoms and once they've gone 24 hours without fever and without using fever-reducing medicine. Help your child rest and stay hydrated. Use fever-reducing medicine if recommended. If your child's health provider does not know about the test, let them know.

### **Q: When does my child need to see a health provider if my child has tested positive?**

Let your child's provider know about the positive test result and stay home if symptoms include low-grade fever, fatigue, cough, congestion, sore throat and/or diarrhea. Take your child to an emergency room if they have trouble breathing, difficulty staying hydrated, changes in alertness, bluish lips or face, persistent chest pain or pressure, or any other urgent concern.

*Information is based on current guidance from the Centers for Disease Control and Prevention and local health officials.*



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