



Your child has been tested for COVID-19- now what?

- Your child should REMAIN AT HOME while awaiting their test result unless seeking medical care.
- Test result availability will depend on the type of test conducted. Your provider will communicate your test result with you.
- Limit caregivers and keep your child away from others in the household; your child and other household members should wear masks if the child is in the general living area of the home.
- Think about who your child has been around to in the event of a positive test. It is best public health practice to notify contacts from 2 days before symptoms started until isolation began.

Note: *Fully vaccinated person OR persons who have tested positive for Covid-19 within the past 3 months* with no COVID-like symptoms do not need to stay home following an exposure to someone with suspected or confirmed COVID-19. Fully vaccinated people should still self-monitor for symptoms of COVID-19 for 14 days following an exposure. In addition, best public health practice recommends vaccinated contacts should get tested 3-5 days after exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Home care

- Keep your child well hydrated; your child should urinate at least once every 6-8 hours.
- Encourage your child to rest.
- Over the counter medications can be used to treat symptoms as directed by your provider.
- Encourage frequent handwashing with soap/water or alcohol-based hand sanitizer; both the patient and household members should practice frequent hand hygiene.
- Designate one bathroom to be used only by your child if possible.
- Wear a mask around your child, and have your child wear a mask if over age 2.
- Avoid sharing household items with the patient, such as dishes, utensils, cups, towels and bedding. Clean these items after being used by your child; wear gloves while handling items that your child has used.
- Clean "high touch" surfaces daily, such as light switches, doorknobs, bathroom fixtures, phones, keyboards, tablets and bedside tables.

Watch for these emergency signs (call 911 or seek emergency care with these symptoms)

- Difficulty breathing/worsening shortness of breath
- Persistent pain or pressure in the chest
- New confusion or difficulty arousing
- Bluish lips or face
- Symptoms of dehydration



My child's test was **NEGATIVE** – next steps

- If your child had a known exposure and is a close contact* to a confirmed case, it is best public health practice to self-quarantine. The following are options for stopping quarantine if no symptoms have developed:
 - After day 10 following last contact with a positive case without testing
 - Continue to monitor symptoms for 14 days after last contact with the case
 - After day 7 following last contact with a positive case if a test is collected on day 5 or later is negative
 - Continue to monitor symptoms for 14 days after last contact
 - If your child was tested but had no known exposure to a confirmed case, and is asymptomatic, they can stop self-quarantine.
 - If your child was tested but had no known exposure to a confirmed case, and is symptomatic, they may return to work/school according to work/school policy.
- Continue self-care as noted above and seek additional medical help if needed.

Note: *Fully vaccinated OR persons who have tested positive for Covid-19 within the past 3 months* with no COVID-like symptoms do not need to stay home following an exposure to someone with suspected or confirmed COVID-19. Fully vaccinated people should still self-monitor for symptoms of COVID-19 for 14 days following an exposure. In addition, best public health practice recommends vaccinated contacts should get tested 3-5 days after exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

My child's test was **POSITIVE** – next steps

- If your child tested positive and is **symptomatic**, continue to isolate your child at home until the following conditions are met:
 - At least 10 days full have passed since symptoms started
AND
 - Your child has been fever-free for at least 24 hours without fever-reducing medications
AND
 - Symptoms are improving
- If your child tested positive and is **asymptomatic**, they should isolate at home until at least 10 days have passed since their positive test.
- Persons with severe, advanced immunosuppression should stay home longer than 10 days, until:
 - Two negative test results in a row, at least 24 hours apart **OR**
 - 20 days post symptom onset or date of test.
- In all situations, continue home care as noted above and seek medical help if needed.

***Note:** A close contact is defined as being less than 6 feet away from an infectious person for more than 15 consecutive minutes AND the case, the contact, or both were not wearing a face covering during the interaction. (Per IDPH)