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 and is negative
    - Continue to monitor symptoms for 14 days after last contact
  - If your child was tested but had no known exposure and is asymptomatic, they can stop self-quarantine.
  - If your child was tested but had no known exposure 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
  - Your child has been fever-free for at least 24 hours without fever-reducing medications
  - 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
  - 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)