

## YGW COVID - Guidelines from the CDC

### **In order to stop the spread of COVID-19 in our community, all close contacts of your child must quarantine right away:**

- IMMEDIATELY let your child's school know about the positive test. The school will anonymously share this information with all families who have children in that child's cohort, and the class will move to virtual learning for a 14 day quarantine. During that time period, all students in that cohort need to closely monitor for covid symptoms.
- IMMEDIATELY let any carpool members or other families/individuals who would have come into close contact with your child. They will have to quarantine for a 14 day period.
- Contact your child's primary care physician. It is important that this provider know about your child's illness, and this provider will also be able to guide you and your family through this time
- ALL of your household members must quarantine for 14 days from their LAST EXPOSURE to the infected individual
- The covid positive individual must quarantine for at least 10 days from the onset of symptoms and may not return to school until he is symptom free for >24 hours without the use of medications

### **How do we quarantine?**

- All members in your household need to remain at home and avoid contact with others
- Very closely monitor yourself and each other for sick symptoms
- Covid testing may be recommended for members of your family. Please be in contact with your primary care physician to determine if and when this would be relevant
- The 10 day count for the infected individual's quarantine starts from the day symptoms began
- The 14 day quarantine for all household contacts begins on the day of the LAST exposure to the infected individual. If you continue to live in the same household in close contact with the infectious individual, this is considered ONGOING EXPOSURE and the quarantine "clock" is reset with every day of exposure
- Ideally, household members should quarantine separately from the infected individual so that their quarantine "clock" begins as soon as the infection becomes known
- If it is impossible to move to a different location, but the infectious individual can remain isolated in a separate room without contact with other household members, the 14 day quarantine period for the household members begins as soon as the infectious individual begins his in-home isolation/separation
- If it is impossible for household members to avoid contact with the infectious individual entirely, all the household members will be required to endure a 24 day quarantine period that encompasses the 10 quarantine of the infectious individual followed by the 14 day quarantine of the exposed household members
- For more information go the CDC at - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**It can be frightening to be diagnosed with COVID-19, or to have a loved one diagnosed with COVID-19. However there is no reason to panic. The majority of people who are diagnosed with COVID-19 have a fairly mild course of illness, and especially so in children. Please take care of your child and yourself by doing the following**

- Remain hydrated and rest
- Take tylenol for symptom management
- Do not share personal household items
- Monitor for symptoms. If severe symptoms develop, seek emergency care
  - Trouble breathing, confusion, significant lethargy or drowsiness, bluish lips or face, or chest pain/pressure