Wood County
Health Department

Quarantine Fact Sheet for Schools

Your child has been identified as a close contact of someone with COVID-19

What is a close contact?

A close contact is someone who has been within 6 feet for 15 minutes or more of a confirmed or probable case.

What does this mean for you and your child?

- Your child should remain at home except to get medical care (aka in quarantine) for 14 days after the last time they had contact with the confirmed or suspected case.
- Watch your child for symptoms and take their temperature daily. A list of symptoms is below.
- Everyone in the house should wash their hands often.
- Have them wear a face covering or mask when around others. Other family members should consider wearing a mask, too for extra protection.
- As much as possible they should avoid close contact with other family members. Have them stay in separate room(s) and use a separate bathroom if possible.
- If your child needs medical care, call ahead before visiting your doctor or going to urgent/emergency care centers.
- Sanitize common surfaces often.
- You can read more about quarantine guidelines from CDC at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

What symptoms should I watch for?

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

How can I find out who my child was exposed to?

Unless otherwise necessary, the identity of a confirmed or suspected case is protected health information. The school and health department will share as much information as needed to identify people who may have been exposed to further prevent the spread of COVID-19.

Should my child get tested?

If they have symptoms:

If your child develops symptoms while in quarantine, getting tested can be a good idea to confirm the illness is COVID, but testing is not required. Based on their exposure and depending on the symptoms, they may be considered a probable COVID case. You should notify the health department if your child develops symptoms while in quarantine.

If they do not have symptoms:

Testing is an option but there are pros and cons to it. Getting a test too soon after the exposure might show a negative results, but the child could still develop the disease within the 14-day timeframe. And having a negative result does not mean the self-quarantine ends sooner. On the other hand, getting a test and finding out it's positive would allow any close contacts to begin their self-quarantine to prevent the spread of the virus. Having a test done later in the quarantine period could extend the time the child needs to stay home because they will be asked to continue quarantining until the test result comes back in 2 to 10 days. It's best to talk to your child's health care provider if your child does not have symptoms and you're considering testing.

If you decide to have testing done:

Talk to your child's health care provider about ordering a test or go to https://bit.ly/38EME56 for information about area testing locations.

Will the health department contact me?

Depending on the details of the exposure and what county your child lives in, the health department may call you to discuss quarantine. You may also be asked to allow a text to be sent to you daily to check on your child's symptoms. If you do not want to get texts from the health department, someone representing the health department may call to check in with you during the quarantine period.

Does my child need to get tested after the quarantine is up?

The current CDC guidelines state that requiring a negative test before ending quarantine or returning to school, work or other activities is no longer recommended in most cases. You can find the latest information about home isolation guidelines at https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

What if I have questions?

- For questions about your child's health, contact their health care provider.
- For questions about the exposure or what the school policies are, contact the school directly.
- For questions about your quarantine, email or call the Wood County Health Department at healthdept@co.wood.oh.us or 419-352-8402.