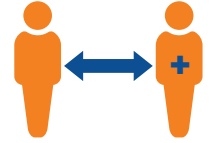


# What to do if your child is exposed to COVID-19

If your child has close contact with someone who has COVID-19 while unvaccinated and they have not had COVID-19 before, they may become infected.



## 1 Alert your child's school and stay in communication.

## 2 Keep your child in quarantine.

During home quarantine, keep your child away from others.

- Have them wear a mask around others, cover coughs and sneezes, and wash and sanitize their hands often.
- Open windows and use fans to increase ventilation, if safe to do so.
- Avoid all contact with older people, people who are not fully vaccinated and others who are likely to get very sick from COVID-19.

If exposed to COVID-19 in school while masked, your child may be able to stay in school during their quarantine. Contact your school to learn more.

## 3 Have your child tested for COVID-19.



- Test when notified of exposure.
- If negative, test again as soon as 5 days after exposure.
- Test immediately if symptoms develop during quarantine or within 14 days following exposure.

Visit [schools.covid19.ca.gov/pages/parent-page](https://schools.covid19.ca.gov/pages/parent-page) to learn more about school safety measures.

**STAY INFORMED AND ENGAGED**

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## 4 Watch for these symptoms

- Fever
- Cough
- Headache
- Sore throat
- Loss of taste or smell (children may say that food “tastes bad” or “tastes funny”)
- Feeling out of breath or having trouble breathing
- Runny nose or nasal congestion
- Diarrhea, nausea or vomiting
- Feeling unusually tired or weak
- Muscle aches or body aches



## 5 Talk to your child's doctor.

Tell the doctor if your child is feeling out of breath, dizzy or light-headed when they're doing their usual activities at home. Inform the doctor if your child is getting dehydrated because they feel too sick to eat or drink.

## 6 Seek emergency medical care immediately if you notice:

- Trouble breathing
- Chest pain or pressure that is not going away
- Being confused
- Trouble waking up or staying awake
- Blue-ish lips or face

