



For Parents and Guardians: COVID-19 Health Checks

Your child's program will check your child for symptoms of COVID-19 every day when they arrive. If your child is even a "little bit" sick, keep them at home!

STEP 1: COVID-19 EXPOSURE AND SYMPTOM CHECK



Answer the following questions:

1. Has your child had close contact with anyone with COVID-19 in the last 14 days?

Answer YES if your child

- Spent a total of 15 minutes or more in 24 hours within 6 feet of someone with COVID-19, even if both people were wearing masks OR
- Was in the same cohort/pod as someone with COVID-19

While the person with COVID-19 was contagious and could have given it to your child.

Your child must stay at home for 14 days after their last close contact with someone with COVID-19, in case they are infected.

People with COVID-19 are contagious starting 2 days before their symptoms begin until at least 10 days after their symptoms began. People without symptoms are considered contagious from 2 days before their positive test until 10 days after their test.

2. Has your child have any of these symptoms in the last 24 hours, including today?

- Fever or chills
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Loss of taste or smell in the last 10 days.
Children may say that food "tastes bad" or "tastes funny."
- Headache
- Diarrhea, nausea or vomiting

Answer YES if the symptom is NEW or DIFFERENT from how your child usually is, or is UNEXPLAINED. Here is an example.

- Your child has asthma. They often cough with exercise or allergies.
They have their usual cough → NO, this is not new or different.
Their cough is worse than usual or sounds different than usual → YES

Trust your judgement. You know best how your child looks and acts when they are getting sick.

STEP 2: FEVER CHECK



Your child's school or program may take your child's temperature to check for fever. Some programs may ask you to take your child's temperature with a thermometer at home instead.

A fever is a temperature over 100.4° F.



San Francisco Department of Public Health

If Your Child Has Symptoms



Your child must stay home until they meet the conditions to return to their school, program. Contact your child's regular health care provider to have your child tested. Parents, siblings, and other people who live with your child do NOT have to stay home or get tested, unless they also have symptoms or unless your child's test is positive.

RETURNING TO SCHOOL, CHILDCARE OR ANOTHER PROGRAM AFTER COVID-19 SYMPTOMS



If your child gets tested, they can return after

- A negative COVID-19 test **AND**
- 24 hours with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), **AND**
- Symptoms are improving. Symptoms do not have to be completely better.

You must show proof of your child's negative test, for example, the test result or a message from your clinic or test site that the test was negative. When your child gets tested, let the clinic or test site know that you will need this. This is usually the fastest way for your child to return to their program.



If your child is not tested, they can return after

- 10 days have passed since symptoms first appeared **AND**
- 24 hours with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) **AND**
- Symptoms are improving.

Exceptions: Doctor's Note or Clinic Note

Sometimes a child's symptoms are clearly due to another cause, such as strep throat or hand-foot-and-mouth disease. In this situation, the provider may clear a child to return to their school or program. This does not mean that the child does not have COVID-19. Many children with COVID-19 do not have any symptoms. It only means that a definitive cause other than COVID-19 was found for the symptoms that kept the child out of the program.

If you have a note from a doctor or clinic saying that the child may return sooner, the program should accept the note, even if your child was not tested for COVID-19. The note may be an email, electronic message or part of an after-visit summary.

GETTING A COVID-19 TEST FOR YOUR CHILD

Call your child's regular health care provider. If your child does not have a regular health care provider, contact the clinic on your child's health insurance card.

If your child does not have health insurance or a regular provider call:

- SFDPH New Patient Appointment Call Center for COVID-19 at 415-682-1740
- Mission Neighborhood Health Center at 415-552-3870 x2217

If you need a clinic that can see low-income children for a free well child check and enroll them in temporary Medi-Cal (CHDP Gateway), see https://www.sfdph.org/dph/files/MCHdocs/CHDP/CHDP_Provider_List_2020.pdf