

## Home Quarantine Instructions

# What to do if your child had close contact with someone with COVID-19

If your child had close contact with someone who has COVID-19, they may be infected. *They could spread the infection to others, even before they have symptoms or test positive.*

Here's what you need to do:

### 1. Keep your child at home except to get tested or get medical care.

- Your child must stay at home and away from other people, except to get tested or get medical care.
- Do not let visitors inside your home, unless you need help to take care of someone in your home. Friends and family can leave food, medicine, and other things you need outside your door.
- If your child leaves home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see [www.sfgdcp.org/safertransit](http://www.sfgdcp.org/safertransit).
- Call 3-1-1 if your child cannot quarantine where you live, or if you need food or other resources to keep your child at home.

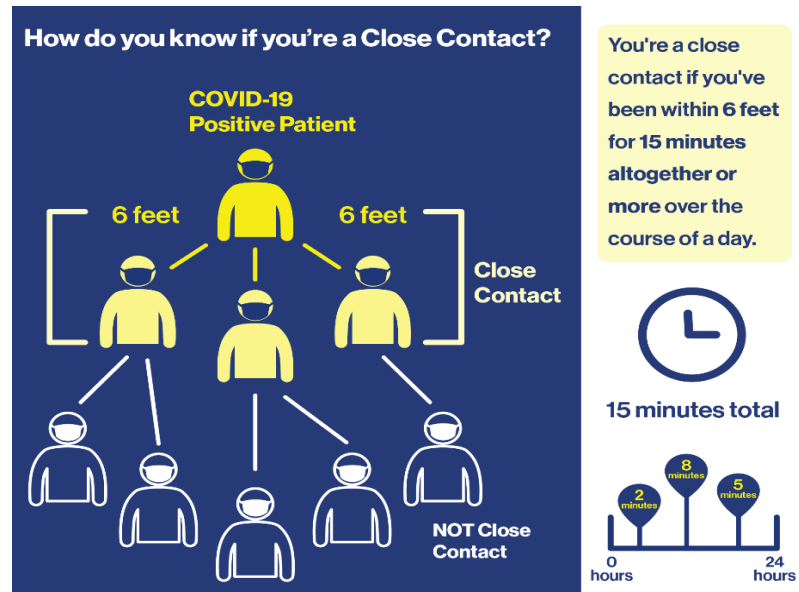
### 2. Have your child tested for COVID-19

*A COVID-19 test is strongly recommended for close contacts, especially if your child lives with someone who is more likely to get very sick if they get COVID-19.*

- Have your child tested **6 days after their last close contact**, if they don't develop any symptoms before then.
- Have your child tested **right away if they develop symptoms** at any point during their quarantine, even if you had a negative test earlier during quarantine.

***Keep your child at home until the end of their quarantine, even if their test is negative.***

They could still be infected. People can test negative early in their infection. Your child cannot return to school/childcare or go to another school, childcare, camp, or program until their quarantine ends, even if their test is negative.



To get a COVID-19 test,

- Contact your child’s doctor or the clinic listed on their health insurance card. Tell them that your child had close contact with someone with COVID-19. Health care providers in San Francisco are required to offer patients a test for COVID-19 if they have close contact to someone with COVID-19 or have COVID-19 symptoms, under [Health Order C19-15c](#).
- If your child does not have health insurance or a regular doctor, call
  - SFDPH New Patient Appointment Call Center for COVID-19 at 415-682-1740
  - Mission Neighborhood Health Center at 415-552-3870 x2217

For other places where your child can get tested, see <https://sf.gov/gettested>

### 3. Answer the phone if you get a call from (916) 262-7553.

This is a health worker from the San Francisco Department of Public Health calling because your child has been exposed to COVID-19. They can answer your questions about COVID-19 and quarantine, help you get a test for your child, and connect you to food, housing, or other support so you can keep your child away from other people.

Health department staff **will NOT** ask for

- Social Security numbers or immigration status
- Money
- Bank account or credit card numbers

### 4. Watch for symptoms of COVID-19.

**Get your child tested if they start have symptoms, even if they already had a negative COVID-19 test earlier during quarantine.** Symptoms appear up to 14 days after someone is infected, usually in 5-6 days. Symptoms include:

- Fever, chills, or shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Loss of taste or smell. Food and drink may smell or taste different.
- Sore throat
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most children and teens with COVID-19 symptoms have mild illness and get better at home without needing to see a doctor. Have them rest and drink plenty of fluids if they feel ill. If they are at least 6 months old, over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help with fever or pain.

**Call your child’s doctor if their symptoms get worse**, especially they have trouble breathing. See [“When to get medical care”](#) below

## 5. Keep your child away from other people in your home, in case they are infected.

It can be scary to think that your child might have COVID-19 and could give it to your family and other people you live with. You can take some simple and important steps to help keep COVID-19 from spreading in your home.

Not everyone can take all these steps, especially with young children. However, by taking as many steps as you can, as much as you can, you can protect those you love and those living with you.

- **Keep your child away from other people in the home**, especially older people and others who are more likely to get very sick from COVID-19. For a list of groups who are at higher risk of severe COVID-19, see <https://sfcdcp.org/vulnerable>.
- If your child is old enough, have them stay in a separate room as much as they can, especially when eating, sleeping, and other times that their mask is off.
- **If your child is at least 2 years old, have them wear a face mask at home** as much as they can, except when sleeping. **Have everyone else at home wear face masks** around your child and in rooms that your child has been in. For safety, children 0-23 months and anyone else who cannot take off a mask without help should not wear a mask.

If your child is old enough to stay alone in a room that no one else enters, they do not have to wear a mask in their room.

**Open windows** if it's safe to do so. The virus that causes COVID-19 can build up in the air indoors, so you'll want to **bring in as much fresh air as possible**. You can also put a fan in front of an open window to blow indoor air out of the house.

If you live with young children, open windows no wider than 4 inches to keep children from falling out of open windows. You can buy window locks that keep windows from opening more than 4 inches; they are available at most hardware stores. For more information, see [sfcdcp.org/covid-ventilation](https://sfcdcp.org/covid-ventilation).

- Have your child wash or sanitize their hands often.
- Don't let your child share personal household items, like cups, utensils, and towels.
- Protect yourself and others if you need to take your child to get tested or get medical care.
  - If you have a car, taking your child in your own car is safer for others than riding public transportation, taxis or rideshares (Lyft, Uber). Make sure you and your child both wear masks when sharing a vehicle. Keep the windows open and the fan on maximum, set to fresh air, while in the car with your child.
  - If you and your child can walk or bike, this is safer than sharing a car with your child.

### Does everyone else at home have to quarantine too?

No. Only people who had close contact with someone with COVID-19 must quarantine. Other people you live with can leave home, as long as they don't have COVID-19 symptoms.

### What if my child already had COVID-19 in the last 3 months?

If your child had COVID-19 in the last 3 months, confirmed by a lab test, they do not have to quarantine. Watch for symptoms for 14 days after their last close contact with the person who has COVID-19. As long as they have no symptoms, they can go to school and continue their usual activities.

If your child starts to have COVID-19 symptoms, keep them at home, away from other people, until you can consult with their doctor or clinic. Their doctor will decide if they need to be tested or stay at home.

## What if my child was vaccinated for COVID-19?

If your child has received a COVID-19 vaccine, see [www.sfdcp.org/ quarantineaftervaccination](http://www.sfdcp.org/quarantineaftervaccination) to find out if they need to quarantine.

## Ending quarantine: When can my child safely be around others?

If your child doesn't develop any symptoms and doesn't have a positive test, you can end quarantine 10 days after their last close contact with someone who has COVID-19.

*Keep watching for symptoms from days 10-14.*

- There is a small chance that your child could still be infected and could spread it to others. If your child develops symptoms during this time, have them tested, even if they had a negative test earlier, and keep them at home until they get their test result.
- During this time, have your child avoid higher-risk activities like eating with others or being around people who are more likely to get very sick if they get COVID-19.
- If they do not develop symptoms during the 14 days after their exposure, they can resume their usual activities.

*Waiting for 14 days after your last close contact to end your quarantine is safest.*

If your child lives in a shelter or dormitory, they must wait 14 days after their last close contact before ending quarantine.

## What if my child has symptoms during quarantine?

**If your child has symptoms and tests negative**, they can end quarantine when

- It's been 10 days since their last close contact with the person with COVID-19 **and**
- They haven't had a fever in the last 24 hours, without taking medicine for fever **and**
- Their symptoms are improving.

**If they have symptoms but don't get tested, or they're waiting for their test result**, they must wait until

- It's been at least 10 days since their last close contact with the person with COVID-19 **and**
- It's been at least 10 days since their symptoms started **and**
- They haven't had a fever in the last 24 hours, without taking medicine for fever **and**
- Their symptoms are improving.

## What if my child has a positive test during quarantine?

Usually, they must stay home until 10 days after their symptoms started, they haven't have not had fever for 24 hours, and their symptoms are improving. If they didn't have symptoms, they must stay home for 10 days after they were tested. For more information, read

["https://www.sfdph.org/dph/alerts/covid-guidance/Guidance-Isolation-and-Quarantine.pdf#page=5"](https://www.sfdph.org/dph/alerts/covid-guidance/Guidance-Isolation-and-Quarantine.pdf#page=5)

## When to get medical care for your child

- **Get medical care if your child has COVID-19 symptoms that are getting worse**, especially they have trouble breathing. Worrisome signs can include
  - Feeling out of breath, dizzy or light-headed when they're doing their usual activities at home, like playing, going to the bathroom, showering, or walking around inside.
  - Getting dehydrated because they are too ill or tired to get out of bed to eat or drink.
- **Seek emergency medical care** immediately for any of these warning signs.
  - Trouble breathing
  - Chest pain or pressure that is not going away
  - Being more confused than usual
  - Trouble waking up or staying awake
  - Blue-ish lips or face
- Call ahead to the clinic or emergency room, if you can. Tell them that your child may have COVID-19. If you call 911, tell the operator that your child may have COVID-19. This helps health care staff prepare for your arrival.
- When you arrive at the clinic, tell the staff immediately that your child may have COVID-19.