For Parents and Guardians: COVID-19 Health Checks at Schools, Childcares, and Programs for Children and Youth

Updated August 10, 2020

Your child should be checked for symptoms of COVID-19 every day before or after they arrive. If your child is even a "little bit" sick, STAY HOME!

Remember that if your child had close contact with a person with confirmed COVID-19 they need to STAY HOME at least 14 days! Close contact is defined as any close contact with someone confirmed with COVID-19 for at least 15 minutes within 6 feet. If your child is under 12 then close contact is being in the same pod or cohort at a school, childcare or program. If your child is under 12 and someone in their pod or cohort got confirmed COVID-19 then you child must stay home for 14 days.

STEP 1: SYMPTOM CHECK

Answer the following question:

Does your child have any of these symptoms?

- Fevers or chills OR a temperature 100.4 degrees Fahrenheit or higher
- Sore throat
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/ asthmatic cough, a change in their cough from baseline)
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache, especially with a fever

Answer yes if the symptom is NEW or DIFFERENT from how your child usually is, or is UNEXPLAINED. Here are some examples.

- 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
- Your child has a sore throat
  - They just ate a large bag of Sour Patch Kids. Their tongue hurts too. → NO, their sore throat can be explained by the candy.
  - Your child has a sore throat for no clear reason → YES

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

STEP 2: FEVER CHECK

If your child does not have symptoms, and if the program is choosing to check temperatures, they will take your child's temperature to check for fever. Some programs may ask you to take your child's temperature with a thermometer yourself instead.

A fever is a temperature over 100.4° F when you take your child's temperature at home or at the program.

IF YOUR CHILD HAS SYMPTOMS OR A FEVER

Stay home. Your child cannot attend the program and should stay home until they meet the conditions to return to school, childcare or program. Contact your child's regular doctor or clinic for advice.

RETURNING TO SCHOOL, CHILDCARE OR PROGRAM

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 have improved. The 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**
- Symptoms improved **AND**
- 24 hours with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).

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 camp or childcare. 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. This is not common.

GETTING YOUR CHILD TESTED FOR COVID-19

Call your doctor. If your child does not have a regular doctor or clinic: contact the clinic on your child's health insurance card.

If your child has Medi-Cal: call the clinic on their SFHP or Anthem Blue Cross card. Tell them your child is assigned to the clinic, and they need a COVID-19 test to return to childcare or camp.

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

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