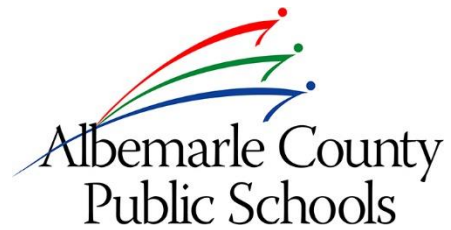


Quarantine Instructions for Students



Your child is being asked to quarantine for 14 days from his/her last contact with a person who tested positive for COVID-19. Please minimize your child's contact with others during the quarantine period and consider him/her contagious even though s/he may not contract the virus—or may, but not show any symptoms.

If your child develops any symptoms during the quarantine period, please notify your school nurse. Please continue to be careful and take extra precautions to try to protect the health of others living in the home. We will contact the local health department and inform them of the exposure. They may reach out to you with additional questions and/or recommendations.

Listed below are recommendations from the Virginia Department of Health on how to adequately quarantine:

- **Answer the call.** Your [local health department](#) may reach out to you with more recommendations if you are identified as a close contact during [contact tracing](#).
- **Get testing.** Contact your healthcare provider to ask about arranging for your child to get tested due to the exposure. Some providers do not recommend testing until 5 to 7 days after exposure. There are many testing sites in our area that are searchable by zip code: <https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>. Please use this link for [free testing sites](#) in our area. Call ahead to your healthcare provider and have your child wear a mask when you leave home. If your child tests negative during the quarantine period, you will still need to have your child complete the full 14-day quarantine before returning to school or any public spaces.
- **Keep your child home and away from others.** Please have your child avoid contact with others to avoid spreading COVID-19. Do not allow him/her to go to work, school, stores, or any public spaces. Do not allow him/her to participate in sports or any group activity.
- **Monitor your child's health.** Use a thermometer to take temperatures twice daily (once in the morning, once at night) and watch for fever (temperature > 100°F). Monitor for other symptoms of COVID-19, such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell. You can download the [VDH's Daily Symptom Monitoring Log](#) to help keep track of symptoms.
- **If your child experiences any of the following during the quarantine**—trouble breathing, persistent chest pain or pressure, confusion, trouble staying awake, blue lips or face—please call 911 and let them know that your child may have COVID-19.

How long do I need to keep my child home? It may take up to 14 days after an exposure for your child to develop COVID-19. Quarantine and monitor his/her health for 14 days from when s/he last had contact with the infected person. View the [VDH's When to End Home Isolation and Quarantine Infographic](#) for more information.

What If the person with COVID-19 is a family or household member? If you are unable to completely isolate the person with COVID-19 from the rest of the family, the quarantine period for other people living in the household will begin **after the ill person's 10-day isolation period is complete** (10-days from their initial onset of COVID-19 symptoms), which means the quarantine period for others in the household may last up to 24 days in total. Please see here for [caring for someone in your home who is sick with COVID-19](#).

What If my child tests negative during the quarantine period? She/he will still need to complete the full 14-day quarantine before it is safe to go back to school or be around others. Even if s/he has no symptoms, it is important that s/he stay at home for the full 14 days. It can take up to 14 days after exposure to the virus for a

person to develop COVID-19 symptoms. Getting tested for COVID-19 can help to identify infections quickly, but a negative test result before the end of the 14-day quarantine period does not rule out possible infection. By quarantining for 14 days, you lower the chance of possibly exposing others to COVID-19.

Do I have to quarantine my other children or members of the household? No, unless your child in quarantine develops symptoms or tests positive. If your child in quarantine develops symptoms, others in the family will need to quarantine. (See below.)

What If my child experiences COVID-19-like [symptoms](#) or tests positive? The time s/he must remain home shifts to an isolation period of 10 days from the first day s/he showed symptoms or tests positive if no symptoms. Please report this to your school nurse, who can advise you regarding your child's specific isolation timeline and when s/he can return to school. The most common symptoms are fever, chills, cough, shortness of breath, muscle pain, sore throat, or new loss of taste or smell. Not everyone with COVID-19 will have all symptoms and some may never have a fever.

More information, including scenarios on when to end quarantine, is available [here](#).

Resources

- The [local health department](#) can provide you with resources for meeting basic needs, such as food and medication.
- Albemarle County Public Schools has set up a [resource hotline](#).

For more information, see:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- VDH: <https://www.vdh.virginia.gov/coronavirus/local-exposure/>