

COVID-19 Attendance Guide for Parents and Families

12/29/2020

Latest update: references to quarantine were updated to include new language around shortened quarantine options.

Staying home when you are sick is one of our best ways to fight COVID-19. Keeping sick children and children who are exposed to COVID-19 away from others helps stop the spread of the virus to other children, staff, and the surrounding community. Parents and guardians can use this guide to understand when their child can attend school, youth programs, and child care during COVID-19.

Resource

- [Home Screening Tool for COVID-19 Symptoms \(www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf)

Definitions

What is a close contact?

A close contact is ANY person who lives with anyone who has tested positive for COVID-19 or who has spent a total of 15 minutes or more in a 24-hour period within about 6 feet of anyone who has COVID-19. However, even shorter periods of time or farther distances can result in spread of the virus.

What do isolation and quarantine mean?

These words are used by people in public health to describe what someone should do when they stay home because they have COVID-19 or they have been exposed to it. Isolation and quarantine are public health actions that help stop the spread of germs and keep people safe.

Isolation means keeping sick people away from healthy people. This means not participating in activities outside the home. The sick person stays home and tries to stay away from other people in their home as much as possible. Here are ways to do this at home:

- Choose one person to care for the sick person, if possible. This person should keep their distance from other people in the house as much as possible and use a face covering; stay 6 feet apart; and wash their hands often.
- The person who is sick stays at home and stays away from other people who live there as much as possible. They may stay alone in a bedroom or in another part of the home and use their own bathroom, as much as they can. They should stay out of areas where others gather, such as the kitchen and living room.

Quarantine means keeping people who are not sick yet, but who spent time near someone who is sick, away from others. Someone can spread COVID-19 before they have symptoms. Quarantine stops them from accidentally spreading the virus to other people.

- Choose one person to care for the person in quarantine, if possible. This person should keep their distance from other people in the house as much as possible and use a face covering; stay 6 feet apart; and wash their hands often.
- The person who is in quarantine should stay away from others. This means not participating in activities outside the home.

About COVID-19

What are the symptoms of COVID-19?

Symptoms of COVID-19 can look like many other illnesses children get. The symptoms for children can look different than symptoms for adults. Many children have no symptoms at all.

If a child or student has any of these symptoms, it could be COVID-19:

- **More common symptoms:** fever of 100.4 degrees Fahrenheit or higher; a new cough or a cough that gets worse; difficulty/hard time breathing; and new loss of taste or smell. These are the symptoms seen most often among children who test positive for COVID-19. They may be the only symptoms that develop.
- **Less common symptoms:** sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; a new severe/very bad headache; and new nasal congestion/stuffy or runny nose. Many other childhood illnesses have these same symptoms.

Some children with COVID-19 have no symptoms. However, they still can give COVID-19 to others, even if they do not have symptoms.

How long does it take for symptoms to start?

It can take two to 14 days for someone to show symptoms of COVID-19 spending time close to someone with the virus. This is called the incubation period. Some people have mild symptoms, some people get

very sick, and some with COVID-19 have no symptoms at all. Someone who has no symptoms can still spread the virus.

Incubation period: this is the time it can take to get symptoms after having close contact with someone who has COVID-19. It can take anywhere from two to 14 days to show symptoms.

When must my child stay home?

Your child MUST stay home if they have even one symptom from this list:

- Fever of 100.4 degrees Fahrenheit or higher
- Difficulty/hard time breathing
- New cough or a cough gets worse
- New loss of taste or smell

Your child MUST stay home if they have at least two symptoms from this list, even if they do not have any symptoms from the first list above:

- Sore throat
- Muscle pain
- Nausea
- Excessive fatigue/feeling very tired
- Vomiting
- New severe/very bad headache
- Diarrhea
- New nasal congestion/stuffy or runny nose
- Chills

Your child must stay home for at least 10 days if they have symptoms of COVID-19 unless they are seen by a doctor or other health care provider who determines that your child does not have COVID-19, or your child receives a negative test result for COVID-19.

Other children living in the house need to stay home (quarantine) from school or child care, too. This means they must not take part in any sports or other activities outside of the home for at least 14 days, unless a COVID-19 test, a doctor, or some other health care provider finds that the child does not have COVID-19.

Your child must stay home if they test positive for COVID-19, even if they show no symptoms.

- They must stay at home and stay away from others in the home for 10 days (isolation), counting from the day after they were tested.

Your child must stay home when a household member tests positive for COVID-19.

- Children who have household members with COVID-19 must stay home for at least 14 days (quarantine). The child must stay home even if they do not have symptoms of COVID-19.
- Your child must stay home for 14 days (quarantine), even if they test negative for COVID-19, because they could develop COVID-19 up to 14 days after last contact with the household member who has COVID-19.

Your child must stay home if they have close contact with others who test positive for COVID-19 such as grandparents; aunts and uncles; or other children or adults at school, in the neighborhood, at church, at sports or social activities; or at any other place. Refer to the “What is a close contact?” section of this document for a definition.

A 14-day quarantine is still recommended for people who have been exposed to COVID-19 by someone other than a household member. In some circumstances, a shortened quarantine period may be possible. You will need to connect with the school, child care, or youth program to see if this is an option.

Schools, child care, and youth programs follow this guidance for quarantine options.

- [Close Contacts and Tracing: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html)
- [Quarantine Guidance for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/quarguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf)

Your child must stay home if someone who lives in their house has symptoms of COVID-19 infection and is being tested but has not yet received their results.

- Your child or children must stay home while the person is waiting for their results.
- If someone in who lives in the house is being tested for COVID-19, but does not have symptoms, children may go to school or child care while the person is waiting for their results.
- In either case:
 - If the test result is negative, your child or children can go to school or child care.
 - If the test result is positive, you child or children must stay home for 14 days (quarantine), counting from the last day they had close contact with the person who tested positive.

How long does my child need to stay home if they have tested positive, or if a doctor said they likely have COVID-19?

If your child has symptoms, they must stay at home and away from others (in isolation) until **ALL THREE** of the following have happened:

- At least 10 days have passed since their symptoms started (even if they start to feel better) **AND**;
- They have not had a fever in the last 24 hours without using any medication to lower fever **AND**;
- Their symptoms have improved.

Other children living in the house need to stay home from school or child care, too (quarantine). This means they must not take part in any sports or other activities outside of the home for at least 14 days. It is possible for them to develop COVID-19 during these 14 days; staying home stops them from unknowingly spreading the virus in school, child care, or other settings.

What if my child tests positive for COVID-19, but does not show symptoms?

When your child tests positive, but has no symptoms, they must stay at home and away from others in the home (isolation) for 10 days, counting from the day after they are tested.

Example: If a child is tested on Monday and gets positive test results on Wednesday, day one starts Tuesday, the day after their test. The child would be able to return to activities the following Friday. During the 10 days at home, your child must stay away from others. Even if the child does not have symptoms, they still can spread the virus.

Everyone else who lives in the house is a close contact. They all need to stay home for at least 14 days (quarantine). It is possible for them to develop COVID-19 during these 14 days. Staying home stops them from spreading the virus in school, child care, and other settings without knowing it.

What if my child gets sick, but tests negative for COVID-19 and is not a close contact of anyone with COVID-19?

If your doctor or other health care provider tells you that your child has something other than COVID-19, such as the flu or strep throat, or if your child tests negative for COVID-19, then follow directions from your doctor or health care provider about when to return to school or child care.

All children must stay home while they are sick and should not return to school or child care until they feel well. This includes staying home for at least 24 hours after a fever is gone, without using fever-reducing medications.

In this situation, if a doctor or other health care provider finds that the ill child does not have COVID-19 or the child has tested negative for COVID-19, other children who live in the house DO NOT need to stay home (quarantine) and can continue going to school or child care as long as they are not sick.

Close contacts

What if someone in our household has COVID-19 and my child does not get sick?

People with a household member who has COVID-19 can get the disease anywhere from two to 14 days after their last contact with the infected person. This is called the incubation period. Your child must stay home from all activities for 14 days (quarantine) in case they get sick with COVID-19. The 14 days starts from the day of their last contact with the person with COVID-19.

If during the 14 days your child has a COVID-19 test that is negative, they still must stay home for all 14 days. Some people do not get sick until day 12, 13, or 14. Some who are sick may not get symptoms, but

they still can spread the disease. Waiting 14 days is the only way to be sure your child is not infected and cannot infect others.

What if a parent has COVID-19 and is not able to separate themselves from their children?

Sometimes it is hard for parents to separate themselves from others in the house and take care of children at the same time. If a sick parent has close contact with their children, the children are at risk of getting COVID-19 during the entire time (at least 10 days) that the parent is at home and then for an additional 14-day period afterwards. The children must stay home as explained below:

- The child or children must stay home during the time the sick parent must stay home. The parent with COVID-19 may leave the house only after 10 days, and then only after the parent feels better and has no fever for 24 hours without taking medicine that lowers fevers.
- After this period when the parent is no longer at risk of giving the virus to others, their child or children must then stay home for another 14 days (quarantine), because they could still become sick or spread COVID-19. This means children could be out of school for at least 24 days.
- If the child or children get sick or tests positive for COVID-19, they must then follow the instructions in the section “How long does my child need to stay home if they have tested positive, or if a doctor said they likely have COVID-19?” in this document.

Work with your child’s school to arrange distance learning during this time.

What if my child has close contact with someone who has COVID-19 but the person does NOT live in our household and my child does NOT get sick?

Children can be a close contact to other people not in their household such as grandparents; aunts and uncles; or other children or adults at school, in the neighborhood, at church, at sports or social activities.

A 14-day quarantine is still recommended for people who have been exposed to COVID-19.

In some circumstances, a shortened quarantine period may be possible. You will need to check with the school, child care, or youth program to see if this is an option.

The following conditions must be met in order to qualify for a shortened quarantine period of seven or 10 days:

- The child must not have ANY symptoms during the quarantine period.
- There must not be ANY household member who is positive for COVID-19.
- You must monitor for ANY symptoms of illness, and if symptoms develop, stay home and away from others, and get tested.
- Follow the prevention measures determined by the school, child care, or youth program.
- If participating in a seven- day quarantine:

- Your child must have a negative PCR test for COVID-19 (not an antigen test or antibody/blood test)
- The test must have occurred on or after day five of quarantine.
- The test results must be known before returning.
- At no time can the quarantine period **EVER** be shorter than seven days.

Schools, child care, and youth programs follow this guidance which is considered the most up to date.

- [Close Contacts and Tracing: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html)
- [Quarantine Guidance for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/quarguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf)

Brothers, sisters, and other children who live in the house who are not close contacts of the person with COVID-19 DO NOT need to stay home (quarantine) and can continue going to school or child care.

Should I get my child tested if there is a member of the household who has COVID-19?

The Minnesota Department of Health (MDH) recommends that your child get tested if there is a household member with COVID-19. Parents should talk to their child's doctor or other health care provider to decide whether to test their child.

Getting tested does not shorten the time that they must stay home if the positive household member is someone who lives with the child. Your child must stay home for 14 days (quarantine) from the last contact they had with the household member who tested positive for COVID-19, **even if the child tests negative.**

If your child gets tested for COVID-19, it is best to wait until at least five to seven days after their last contact with the household member who has COVID-19. This is how long it usually takes after being exposed to COVID-19 before someone shows they are infected.

- If the test result is negative, your child still needs to stay home for the full 14 days, because they still could get sick.
- If the test result is positive and your child has not developed symptoms, they must stay at home and away from others in the home (isolation) for 10 days, counting from the day they were tested.
- If your child tests positive and develops symptoms, they must stay home and away from others in the home (isolation) until ALL THREE of the following have happened:
 - At least 10 days must have passed since their symptoms started **AND**;
 - They have not had a fever in at least 24 hours without using any medication to lower fever **AND**;
 - They feel better.

If anyone who lives in the house **has symptoms of COVID-19** and is being tested, children should stay home and must not attend school or child care until that person's test results are known. If someone who lives in the house **does not have symptoms** but is being tested for COVID-19, children do not need to stay home and may go to school or child care. In either situation:

- If the test result is negative, children can go back to school or child care.
- If the test result is positive, children must stay home for 14 days (quarantine), counting from the last day they were exposed to the person with COVID-19.

What if my child has close contact with a household member or someone else with COVID-19 and gets sick, but does NOT get tested for COVID-19?

If you decide not to have your child tested during their quarantine period and your child gets symptoms of COVID-19 at any point during their time at home, they must continue to stay home and stay away from others in the house (isolation) until all of the following have happened:

- At least 10 days have passed since their symptoms started **AND**;
- They have not had a fever in at least 24 hours without using any medication to lower fever **AND**;
- They feel better.

Everyone who lives in the house must stay home for at least 14 days (quarantine), because they have been exposed to the virus. They still may get sick with the virus for up to 14 days. They must not do activities outside of the house.

Example:

- Day 1: your child is to stay home for 14 days, because they are a close contact to a household member. They must stay in the house (quarantine).
- Days 2-5: your child is well and remains at home.
- Day 6: your child gets symptoms of COVID-19.
- Day 7: because your child now has symptoms, they must now stay in the house and they must stay away from other people in the house for 10 days (isolation).
- Day 14: your child still must stay home, because they are sick with COVID-19 symptoms. They must stay away from others in the house.
- Day 17: if your child is free of fever and they feel better, they no longer must stay away from other people in the house.
- Day 18: your child goes back to school or child care.

How do I know if my child was a close contact of someone with COVID-19 at school, child care, or another program?

Your child's school, child care, or program tells you if your child is a close contact of someone who has COVID-19. MDH works with local public health and tribal health departments and your school and/or school district, child care, or program to learn who has COVID-19 and who their close contacts are.

Tips for talking with children

How do I talk with my child about staying home from school and COVID-19?

- Remind them that staying home is another way to protect their friends, teacher, child care provider, and others in their community.
- Stay calm while talking. Take time to listen and talk.
- Let them know you are doing everything you can to keep them safe and that it is OK to feel upset.
- Be careful not to blame them or anyone else for COVID-19. Listen to and ask them what they are hearing from other children or adults.
- Watch how much they look at media and what media they see. Talk to them about what they see.
- Help them understand that this is the new normal during the pandemic and that it is happening to everyone.
- Give them truthful information that is right for their age and development.

Resources

- [COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs \(www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [Minnesota Department of Education: Supporting Students and Families COVID-19 Resources \(education.mn.gov/MDE/dse/health/covid19/supstu-covid19/index.htm\)](http://education.mn.gov/MDE/dse/health/covid19/supstu-covid19/index.htm)
- [Minnesota COVID-19 Response: Get Help \(mn.gov/covid19/for-minnesotans/get-help/index.jsp\)](http://mn.gov/covid19/for-minnesotans/get-help/index.jsp)
- [CDC: Caring for Someone Sick at Home \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html\)](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Contact health.communications@state.mn.us to request an alternate format.