



COVID-19

COVID-19 is a highly contagious viral illness. It is a common infection that may be prevented by vaccination.

If you think your child has COVID-19:

- Tell your childcare provider or call the school.
- Keep your child home from childcare and school until all of the following are true:
 - Symptoms are improving **and**
 - your child has been fever-free for 24 hours without the use of a fever-reducing medicine.
- After this time, your child may return, but it is encouraged to consider increased hand washing and masking for the next 5 days.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or your local health department.

Parent/Guardian information

Symptoms

Your child may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell. Your child may also have cold symptoms such as runny or stuffy nose and sore throat. Your child may also be infected and have no symptoms.

If your child has been infected, it may take 2 to 14 days for symptoms to start.

Spread

- By close contact with someone who is infected.
- By breathing, coughing, and sneezing.

Your child can still spread this illness even if they do not have any symptoms.

Contagious period

If your child has symptoms: from 2 days before to 10 days after the symptoms started.

If your child never had any symptoms but tested positive: from 2 days before to 10 days after the test was taken.

Call your health care provider

If anyone in your home:

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- Has any COVID-19 symptoms. A test may be done in the clinic or at home.
- Has been exposed to COVID-19.

Prevention

- The primary ways to prevent a COVID-19 infection are:
 - Cover nose and mouth when coughing or sneezing by using a tissue or your sleeve. Dispose of tissues in the trash.
 - Wash hands after touching anything that could come in contact with secretions from the nose or mouth. Your child may need help with handwashing.
 - Clean and disinfect any objects or surfaces that could come in contact with secretions from the nose or mouth.
 - Stay up-to-date on COVID-19 vaccine. **It is recommended that all children 6 months and older should get vaccinated for COVID-19.**
- Monitor your child for COVID-19 symptoms. If your child is showing symptoms of COVID-19, stay home and get tested.
- Children exposed to COVID-19, with or without symptoms, should test on day 6 after exposure. If your child tests positive or develops symptoms, they should stay home and follow the guidelines listed above. If they test negative, they should consider wearing a mask around others for 10 days following the exposure.

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Updated May 22, 2024

