When should I keep my child home from child care?

**QUICK-SCREENING GUIDE FOR COVID-19**

**My child is sick and has one or more symptoms**
- Fever over 100.4 degrees F (38°C) or chills
- Cough
- Nasal congestion or runny nose
- Sore throat
- Tiredness
- Muscle or body aches
- Headache
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Diarrhea, vomiting, or stomachache
- Poor appetite or poor feeding, especially in infants under one year of age

My child can NOT go to child care today — but can return after:
- Stay home for 10 days and symptoms improve and no fever for 24 hours without fever medication, OR
- A negative COVID19 test OR alternate diagnosis by health care provider

**My child tested positive for COVID-19**
- Stay home for 10 days if child is unable to mask reliably.
- Stay home for 5 days if child has no symptoms or mild symptoms and can wear a mask when around other people for 10 days.
- Notify child care and child’s healthcare provider.

**My child was exposed to a confirmed case of COVID-19**
- Stay home for up to 10 days, based on local public health guidance.
- Notify child care and child’s health care provider. Get a COVID-19 test if your child develops symptoms.
- Test at Day 5 if no symptoms.

**Remember: Check with your child care program’s exclusion policies on COVID-19.**

Centers for Disease Control Quarantine and Isolation Guidance / https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-