

# 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:**

- ✓ 10 days and symptoms improve and no fever for 24 hours without fever medication, OR
- ✓ A negative COVID-19 test OR alternate diagnosis by health care provider



**My child tested positive for COVID-19**



**My child can NOT go to child care today:**

- ✓ 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**



**My child can NOT go to child care today:**

- ✓ 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->