

GUIDANCE FOR PARENTS ON COVID-19

The following is general guidance for parents of children in Nebraska schools. Please follow the guidance of your child's school district or health department.

WHAT TO DO IF...

YOUR CHILD HAS COVID-19 SYMPTOMS:

Symptoms of COVID-19 may include a fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, runny nose, sore throat, nausea or vomiting, or diarrhea.

- ➡ Test and isolate: Have your child COVID tested immediately if possible. If the test is negative, repeat in 48h. Have them stay home and away from others
- ➡ Stay home when sick: Any child who has a fever, cough, sore throat, vomiting or diarrhea should stay home, even if their COVID-19 test was negative. If your child has underlying medical conditions, younger than 5 years of age, and/or has worsening symptoms, talk to your doctor about testing for other respiratory illnesses like influenza or if antiviral treatment is indicated.
- ➡ Wear a mask if out in public and symptoms are present.

YOUR CHILD TESTS POSITIVE FOR COVID-19:

Make sure your child stays comfortable and drinks plenty of liquids. Contact their doctor if you have questions about medications or if illness gets worse. Be mindful of their mental health needs as well. Provide them lots of care and reassurance as a COVID diagnosis may cause your child to be worried.

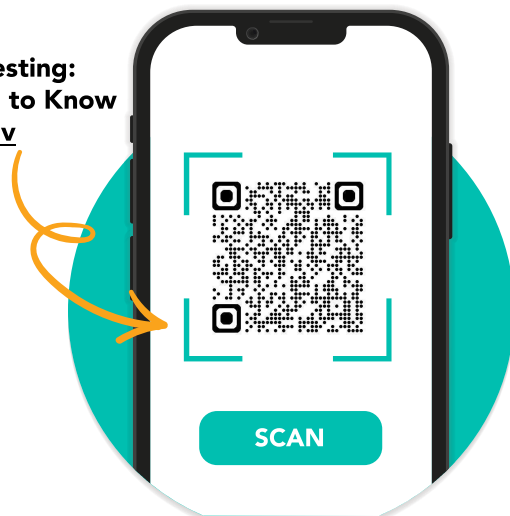
- ➡ Call your school to let them know your child will be absent due to COVID.

- ➡ Your child can go back to their normal activities when, for at least 24 hours, both are true:
 - Their symptoms are getting better overall, and
 - They have not had a fever (and are not taking fever-reducing medication)
- ➡ Continue to stay at home if fever persists or symptoms do not improve.

YOUR CHILD IS EXPOSED TO SOMEONE INFECTED WITH COVID-19

- ➡ Have your child wear a mask for 5 days after exposure.
- ➡ Know that your child can still develop COVID up to 10 days after exposure.
- ➡ If your child has no symptoms, have your child tested for COVID-19 5 days after exposure.
- ➡ If test is positive, isolate while symptomatic (see above).
- ➡ If test is negative, your child may go to school.
 - ▶ If the test is negative but your child feels sick or has COVID-19 symptoms, they should stay home.

**COVID-19 Testing:
What You Need to Know**
[CDC.gov](https://www.cdc.gov)



YOU HAVE QUESTIONS ABOUT COVID-19 TESTING OR VACCINES:

- Speak to your child's doctor
- Understand the availability of tests and vaccines may vary
- For free or low-cost tests or vaccines:
 - ▶ Call your local health department
 - ▶ Call your nearest federally qualified health center (find one at www.howtogetcare.org)
 - ▶ Find flu and COVID-19 vaccines near you (vaccines.gov)

GET EMERGENCY CARE IF YOUR CHILD HAS ANY OF THE FOLLOWING SYMPTOMS:

- Difficulty breathing, severe shortness of breath
- Pressure or pain in the chest
- Pale, gray, or blue lips or nail beds Confusion,
- hard to wake up or stay awake

Self-tests, or at-home tests, are antigen tests that can be taken anywhere without having to go to a specific testing site. Read self-test package inserts thoroughly and follow the instructions closely when performing the test.

