How to Quarantine

Your child is a close contact of a person who has tested positive for COVID-19. **For this reason, your child should quarantine for 14 days.**

People in quarantine should stay home, separate themselves from others, and monitor their health.

A person with COVID-19 may not feel sick or have any symptoms, but can still spread it to others. Quarantine keeps close contacts away from others. This helps lower the chance of spreading COVID-19.

> Per the CDC, a **close contact** is "any person who was within 6 feet of a COVID-19 infected person for at least 15 minutes, during the 48 hours before the person began feeling sick until the sick person began isolation."

Quarantine = 14 days

The 14-day quarantine period starts the day your child was last exposed to the person who tested positive for COVID-19. **Your child should continue the 14-day quarantine even if he or she tests negative for COVID-19 or feels healthy.** This is because COVID-19 symptoms may not appear until 2 to 14 days after exposure to the virus.

What a Person in Quarantine Should Do

- Stay home for 14 days after your last contact with a person who has COVID-19.
    - Children should not go to school or to child care in person.
    - Do not go to sports practices, games, lessons, or other activities.
- Stay home unless you absolutely need to travel outside your home. If you must leave your home:
    - Wear a face covering that covers your nose and mouth
    - Limit contact with others
    - Stay 6 feet away from others
    - Avoid going places where there are many people such as stores and movie theaters
- Do not have visitors in your home.
- Stay away from others, especially people who are at higher risk for getting very sick from COVID-19, if you can.
- Watch for signs and symptoms of COVID-19.
    - Symptoms include fever (100.0°F or higher), chills, cough, sore throat, shortness of breath, trouble breathing, fatigue, headache, congestion or runny nose, muscle or body aches, new loss of taste or smell, nausea or vomiting, diarrhea.
    - **If you have emergency warning signs like trouble breathing or chest pain, get emergency medical care immediately.**
- Consult with your healthcare provider and visit the CDC website (www.cdc.gov/coronavirus) to learn more about COVID-19.
- Find out about free lodging for those who cannot safely self-isolate due to COVID-19 here under the heading "Isolation Facility."

Austin Public Health
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COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you had close contact with a person who has COVID-19

- Stay home until 14 days after your last contact.

- Check your temperature twice a day and watch for symptoms of COVID-19.

- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

If you are sick and think or know you have COVID-19

- Stay home until after
  - At least 10 days since symptoms first appeared **and**
  - At least 24 hours with no fever without fever-reducing medication **and**
  - Symptoms have improved

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after
  - 10 days have passed since your positive test

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

CDC

cdc.gov/coronavirus

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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

Cough, shortness of breath or difficulty breathing

Fever or chills

Muscle or body aches

Vomiting or diarrhea

New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

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If your child develops symptoms, contact your healthcare provider for further guidance.