

# COVID-19 Recommendations for Families with Children in Child Care & Camps

## Masks



- APH recommends that child care programs and camps require everyone ages 2 and older to mask indoors when the COVID-19 [Community Level](#) is high. This applies to those who are vaccinated and those who are not.
- Child care programs may choose to require that people wear masks indoors when the community level is not high. APH supports the decisions of these programs.
- Even when masks are not required, you may choose to have your child mask if:
  - Your child is not vaccinated or not yet eligible for the COVID-19 vaccine
  - Your child is immunocompromised or at high risk for severe COVID-19 illness
  - Other members of your family are at high risk of severe disease or are not vaccinated
- People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask for 10 days. During that time, they should not go to places where they cannot mask.
- Your child's mask should [fit well and be comfortable](#).

## Exposure



- People exposed to someone with COVID-19 do not need to stay home and quarantine.
- Exposed people (ages 2+) should mask around others in their home and in public for 10 days after their last exposure to someone with COVID-19. (Day 1 is the 1<sup>st</sup> full day after last exposure.) This applies to those who are vaccinated and those who are not.
- They should also:
  - Watch for symptoms,
  - Take extra precautions around people at high risk for getting very sick from COVID-19, and
  - Get tested.

## Testing



- People exposed to COVID-19 should get tested at least 5 full days after their last exposure to someone with COVID-19. This applies to people even if they do not have symptoms and even if they are vaccinated. (If the exposed person already had COVID-19 within the past 90 days, see these [specific testing recommendations](#).)
- Anyone with COVID-like symptoms should get tested immediately. This applies to everyone, including those who are vaccinated or have had COVID-19 before.

## COVID-19 Positive or COVID-like Symptoms



- If a child has symptoms, they should stay home and isolate while waiting for test results.
- Children who test positive for COVID-19 should stay home and isolate for at least 5 days. This is required by the [Texas Department of State Health Services](#). This applies to children who have symptoms and to those who do not. To return to the program, the child must be fever free for at least 24 hours without medication and other symptoms must be improving.
- People with symptoms or a positive test should wear a mask for 10 full days around others in their home and in public. This applies to everyone ages 2+, including those who are vaccinated or have had COVID-19 before. APH recommends that children who are unable to wear a mask when around others, such as those under age 2, stay home for a full 10 days if they have COVID-19.