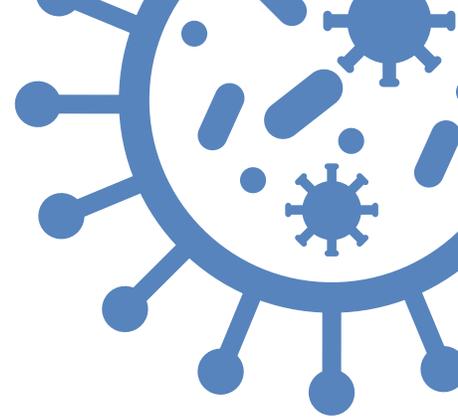


IF GUARDIANS TEST POSITIVE FOR COVID-19



With the increase of COVID-19 cases in our area, you might not hear from the health department right away. We ask ALL GUARDIANS to follow these steps to help stop the spread.

If you test positive for COVID-19, start isolating yourself right away.

Notify your child's school and keep your child home to quarantine.

- **Close contacts:** Someone within 6 feet for more than 15 minutes of cumulative time while you were contagious.
- **Contagious:** 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of your isolation period.

ISOLATION INSTRUCTIONS

Guardians that test positive for COVID-19 should isolate immediately.

Separate yourself from other household members and stay home (except to seek medical care). If you are not able to separate from your household members while you are contagious, this may extend their quarantine period. Notify your employer that you have tested positive for COVID-19.

Your isolation period ends when:

- 10 days have passed since your symptoms started (or test collection date if you did not have any symptoms), and
- You are fever-free for 24 hours, and
- Your symptoms have improved

QUARANTINE INSTRUCTIONS

Household members of a positive case should start quarantining right away.

Stay home except to get medical care and monitor yourself for symptoms. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for 14 days from last contact to COVID+ person while they were considered contagious. If your child develops symptoms, make an appointment with their primary care provider.

Your child cannot test out of quarantine.

The incubation period of this virus is long. Close contacts need to stay home 14 days from their date of last contact. If your child receives a negative test result during quarantine, they should stay in quarantine for the entire quarantine period.

Fill out the [COVID-19 Self Reporting Form](#) to notify LCHD of your child's exposure to COVID-19. Submitting this form allows LCHD to provide your child's school with a return to school date. Fill out the form here: <https://bit.ly/3pGWJGV>