

COVID-19

Dear Parent or Guardian,

You are being provided with this fact sheet:

- Because your child may have been exposed to COVID-19.
 - For informational purposes only.
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General Information About COVID-19

What is COVID-19?

- COVID-19 is an illness that is caused by the virus named SARS-CoV2.
- It can spread easily via droplets and small particles that hang in the air.

Who can get it?

- Anyone can get COVID-19, even if they've had it before.
- Some groups are at higher risk for getting very sick or developing medical problems, including:
 - People over 50 years.
 - People with weakened immune systems.
 - People with underlying health conditions (such as asthma, diabetes, heart disease, and pregnancy).
 - People who are not vaccinated against COVID-19.
- People in a higher risk group (see above) should contact their healthcare provider if they think they have COVID-19.

What are the symptoms?

- Fever (American Academy of Pediatrics defines fever as a temperature of 100.4°F [38°C] or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Stuffy or runny nose
- Nausea or vomiting
- Diarrhea

How is it spread?

- When people who have COVID exhale (for example, when breathing, speaking, singing, exercising, coughing, sneezing) they release droplets and small particles into the air that contain the virus.
 - The smaller particles hang in the air and can stay there for hours (this is called airborne).
 - The droplets, which are larger, usually don't travel more than 6 feet.

- The virus spreads when a person breathes in the droplets or small particles. This is more likely to happen in crowded indoor spaces that do not have good airflow.
 - While less common, COVID-19 can also spread by:
 - touching an object or surface that has the virus on it and then touching the mouth, eyes, or nose.
 - sharing utensils or cups with someone who has COVID-19.
 - A person can spread COVID-19 even if they do not have symptoms.
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What If My Child Develops COVID-19 Symptoms?

If your child has COVID-19 symptoms, they should stay home and get tested for the virus.

How do I test for COVID-19?

- Rapid self-tests allow people to test for COVID-19 at home. Follow the package directions.
- Testing can also be done by a healthcare provider.

This fact sheet provides general information only. If you have additional questions or are concerned your child might have COVID-19, contact your healthcare provider.

What If My Child Has COVID-19?

Notify your child care provider or preschool immediately if your child has COVID-19.

How is it treated?

- Most people with COVID-19 recover on their own.
- Keep children comfortable, allow them to rest, ensure proper fluid intake to prevent dehydration, and check on them often.
- A healthcare provider can prescribe medication to treat COVID-19, particularly for people who have severe symptoms or are at risk for developing medical problems.
- Infants 3 months or younger with a fever of 100.4°F (38°C) or higher should be seen by their healthcare provider.
- Talk with your child's healthcare provider if you have any concerns about your child's symptoms. **If your child is showing signs of dehydration (fewer wet diapers or less urine than usual, more tired than normal, dizziness, dry tongue or lips, fewer tears), is breathing fast, is having trouble breathing, or has a severe headache, they need to be seen by a healthcare provider immediately.**

How can I help prevent COVID-19 from spreading?

- Stay up to date with the COVID-19 vaccine (and boosters).
- Stay home and get tested if you have symptoms.
- Avoid contact with anyone who has COVID-19.
- If you've been exposed to COVID-19, wear a high-quality well-fitting mask for 10 days.
- Wear a mask if you are in a crowded, indoor space.
- Increase airflow indoors by opening windows or using portable HEPA air cleaners.
- Wash hands often, especially after sneezing, coughing, or wiping noses.

- Cover your nose and mouth when coughing or sneezing.
 - Avoid sharing cups, eating utensils, food, and drinks with anyone who has COVID-19.
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Does My Child Need to Stay Home from Child Care?

If your child has been EXPOSED to COVID-19 they do not need to stay home.

- Children and staff who were exposed to COVID-19 should:
 - Monitor for symptoms for at least 10 days.
 - Consider wearing a well-fitted mask (if age appropriate) for 10 days after their last exposure.
 - Get tested 3-5 days after their last exposure.

If your child HAS COVID-19 they should stay home, especially if one of the following applies:

- They have a fever (temperature of 100.4°F [38°C] or higher) along with other COVID-19 symptoms.
- They do not feel well enough to participate in classroom activities (for example: unusually tired; cranky or fussy; or crying more than normal).

Please follow your child care program's sickness policy.

References:

Centers for Diseases Control & Prevention

- *COVID-19* <https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html>

WA Department of Health

- *Guidance to Prevent and Respond to COVID-19 in K-12 Schools and Child Cares, last updated 12/5/2022*

Child Care Health Program – Public Health Seattle & King County

- <https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx>
Disease Prevention Website