



Parents & Guardians: COVID-19 Health Screening At Childcare Programs Updated September 30, 2020

Your child's program will check your child for exposure and symptoms of COVID-19 every day when they arrive.

STEP 1: EXPOSURE CHECK

You will need to answer the following questions about your child:

Was your child previously sent home sick, or absent due to illness?

Within the last 10 days, has your child been diagnosed with COVID-19 or had a test confirming they have the virus?

Does your child live in the same household with someone who, within the last 14 days, has been in isolation for COVID-19 or had a test confirming they have the virus?

Does your child live in the same household with someone who has had any of the symptoms of COVID-19 listed below within the past 14 days?

Has your child had close contact with someone outside the household who has been in isolation for COVID-19 or had a test confirming they have the virus within the last 14 days?

Close contact means that the student was within 6 feet of a COVID+ person for 15 minutes or longer (including multiple shorter periods in the same day that add up to 15 minutes) EVEN IF both the student and the other person were wearing masks. Close contact can also mean that the student had a major exposure to the COVID+ person's respiratory droplets – for example, the sick person coughed directly on the student.

STEP 2: SYMPTOM CHECK

In the last 24 hours, has your child had any of these symptoms?

These need to be new or different symptoms than what they usually have or that are not explained by a pre-existing diagnosis.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell



- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Seems sick or like they are starting to get sick

Answer yes if the symptom is NEW, DIFFERENT from how your child usually is, or UNEXPLAINED.

Here are some examples to guide you:

- Your child has asthma. They often cough with exercise or allergies.
 - If they have their usual cough: NO, this is not new or different and does not need to be reported.
 - Their cough is worse than usual or sounds different than usual: YES, report this to your child's program
- Your child complains that their muscles hurt all over
 - After a day or two of exercising harder or doing much more physical activity than usual: They are well except for feeling sore: NO, this does not need to be reported
 - They haven't done any unusual physical activity, and they look ill: YES, report this to your child's program
- Your child has a sore throat
 - After eating a large bag of Sour Patch Kids, and their tongue hurts too: NO, this does not need to be reported
 - Your child has a sore throat for no clear reason: YES, report this to your child's program

Trust your judgment. You know best how your child looks and acts when they are getting sick.

STEP 3: FEVER CHECK

If your child does not have symptoms, the program might take your child's temperature to check for fever. Some programs may ask you to take your child's temperature with a thermometer yourself instead.

A fever is a temperature of 100°F (37.8°C) or higher.

For more information, review the Alameda County Public Health Department's website at <http://www.acphd.org/2019-ncov/resources-organizations/childcare-schools-colleges.aspx>, or contact the COVID-19 line at ncov@acgov.org or call (510) 268-2101