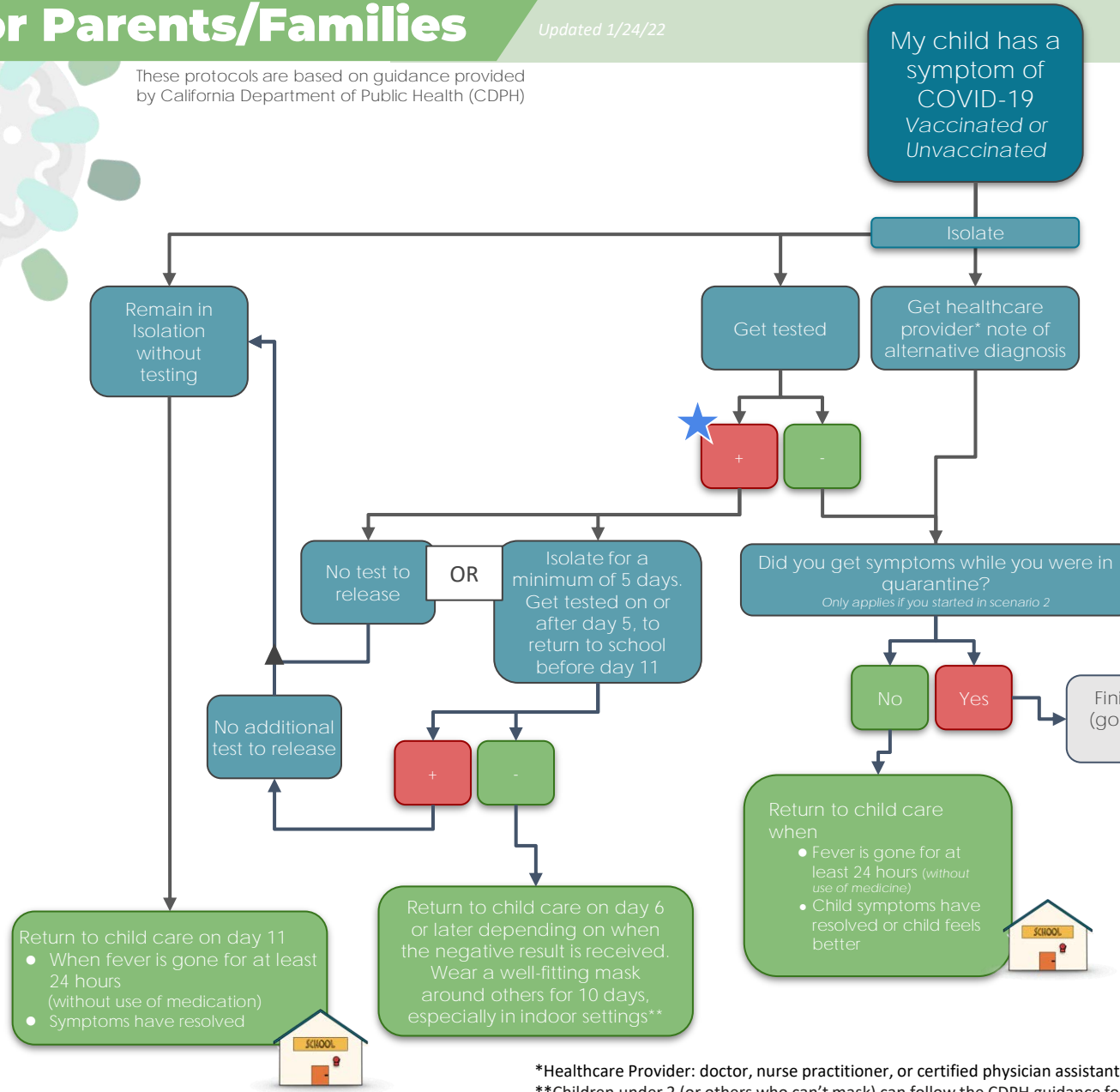


COVID-19 Flowchart for Parents/Families

Begin with the teal box and follow the arrows, answering the questions for your situation.

Updated 1/24/22

These protocols are based on guidance provided by California Department of Public Health (CDPH)



KEY DEFINITIONS

COVID -19 Symptoms

- Fever or chills
- Sore throat
- Cough
- New loss of taste or smell
- Headache
- Nausea or vomiting
- Diarrhea
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Fatigue
- Muscle or body aches

Quarantine

Restricts the movement of persons who were exposed to COVID-19 in case they become infected.

Isolation

Separates those infected with COVID-19 from people who are not infected.



For all scenarios, wear a well-fitting mask around others at all times, especially indoors, for 10 days after exposure, showing symptoms, or a positive test.

*Healthcare Provider: doctor, nurse practitioner, or certified physician assistant
 **Children under 2 (or others who can't mask) can follow the CDPH guidance for shortened isolation, but we strongly recommend that child care providers have documentation of a negative test Day 5 or later prior to returning to child care.

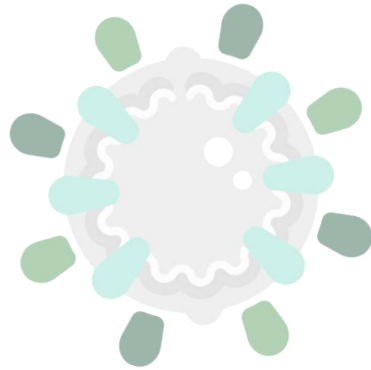


COVID-19 Flowchart for Parents/Families

My child...

These protocols are based on guidance provided by California Department of Public Health (CDPH)

Begin with scenario 1 or 2 and follow the arrows, answering the questions for your child's situation.



For all scenarios, wear a well-fitting mask around others at all times, especially indoors, for 10 days after exposure, showing symptoms, or a positive test.

** Children under 2 (or others who can't mask) can follow the CDPH guidance for shortened quarantine, but we strongly recommend that child care providers have documentation of a negative test Day 5 or later prior to returning to child care.

