IF MY CHILD HAS SYMPTOMS OF COVID-19

My child has symptoms that could be caused by COVID-19. Do I have to test my child for SARS-CoV-2 before they can go back to school/child care?

- **Not necessarily. ACPHD recommends testing, but does not require it, for children with COVID-19 symptoms**. You should decide whether to test your child after talking to a healthcare provider. **Parents should choose the option below that works best for them and their family.**

Option 1: When can my child go back to school/ child care if they do not get tested?

Your child can go back to school/ child care when ALL the following are true:

- At least 10 days have passed since symptoms started. (The first day of symptoms is day 0.)
- The child has had no fever for at least 24 hours, without the help of medicine AND
- The child's symptoms have improved.

DEFINITIONS:

- **SARS-CoV-2** is the virus that causes COVID-19.
- **Close Contact** means that the child or student was **within 6 feet of a COVID-19 positive person for a total of 15 minutes or longer**, EVEN IF both the child or student and the other person were wearing masks. Shorter periods that add up to 15 minutes on the same day also count. Close Contact can also mean that the child or student had a briefer but major exposure to the COVID-19 positive person's respiratory droplets. For example, the sick person coughed directly on the child or student.
- **COVID-19 Symptoms** include fever/chills, cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- A **Healthcare Provider** is a Doctor, Nurse Practitioner, or Certified Physician Assistant.

Alameda County
Health Care Services Agency

Alameda County Public Health Department
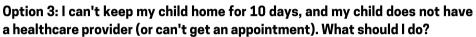Celebrating Healthy People in Healthy Communities

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Option 2: My child's healthcare provider says my child's symptoms are not COVID-19 related. Does my child still have to be tested?
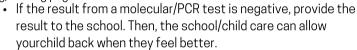**Not necessarily. The healthcare provider will decide if your child needs to be tested.**
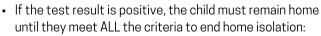
They can write a note to your school/child care. The note from your healthcare provider
- will notify your school/child care that symptoms are not COVID-19 related and
- will tell the school when it is safe for the child to return.

Option 3: I can't keep my child home for 10 days, and my child does not have a healthcare provider (or can't get an appointment). What should I do?

While it is best to talk to a healthcare provider, your child can get a COVID-19 test (molecular/PCR test, not an antigen test) at one of the ACPHD public testing sites at: https://covid19.acgov.org/testing.page.

Sars-CoV-2 Test Results

- If the result from a molecular/PCR test is negative, provide the result to the school. Then, the school/child care can allow yourchild back when they feel better.

- If the test result is positive, the child must remain home until they meet ALL the criteria to end home isolation:
    - At least 10 days have passed since symptoms started. (The first day of symptoms is day 0.)
    - The child has had no fever for at least 24 hours, without the help of medicine
    AND
    - The child's symptoms have improved.

If your child needs a healthcare provider, here are some resources to call:

- Family Health Line Toll Free Number **1-888-604-4636**
    - Can help answer questions about Child Health and Disability Prevention Program (CHDP) or Medi-Cal in Alameda County
- Health Insurance Enrollment Assistance Toll Free Number **1-800-422-9495**
    - Can help with applying for free or low-cost insurance
- HealthPAC Toll Free Number **1-877-879-9633**
    - Call to see if you are eligible

Other resources:
- CHDP Information Line: **1.510.567.2070**
- Resource locator website for low-cost healthcare services in Alameda County can be viewed at http://achealthcare.org

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