



# ARCHDIOCESE OF BALTIMORE CATHOLIC SCHOOLS

## COVID-19 ISOLATION RECOMMENDATIONS

Your child is being asked to isolate because they have tested positive for COVID-19 or have COVID-like symptoms. The instructions below will help you take actions to protect your household members from potential exposure:

- Your child should not leave your home, except to seek medical care.
- Avoid contact with people and pets as much as possible.
- Do not allow non-essential visitors in your home.
- If possible, have your child use a separate bedroom and bathroom from the rest of the household members. If this is not possible, clean the bathroom often while wearing gloves and a face mask.
- Your child should rest and stay hydrated (drink a lot of water).
- Make sure your child covers their coughs and sneezes and discards tissues in the trash.
- Make sure your child washes their hands often, using soap and water.
- Avoid sharing personal items like dishes, towels, and bedding.
- Clean all surfaces (kitchen, living space, and bathrooms) every day.
- Wash laundry thoroughly.
- Make sure shared spaces in the home have good airflow, by using an air conditioner or opening windows and using a fan (weather permitting).
- Monitor your child's health by completing a *Symptom* Checklist every day at the same time and call their health care provider to report any new symptoms.
- If you must call 911 or visit your health care provider, call ahead and inform them that your child is on isolation for COVID-19.

### **Your child will need to stay home on isolation:**

- For at least 10 days from the day of FIRST symptoms AND
- Until they have had at least 24 hours without fever (without the use of fever-reducing medications) AND
- Until their symptoms are getting better or are completely gone

Please note: Since your child had a positive test or has symptoms of COVID, other children in the home should not attend school or daycare. Any adults in the home should not attend work until cleared by the Health Department, to prevent the spread of COVID-19.

For more details and special circumstances for people who have a weakened immune system, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

# 10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# ADDITIONAL INFORMATION FOR PARENTS AND GUARDIANS OF A CHILD WITH COVID-19 OR COVID-19 SYMPTOMS

COVID-19 is the infection caused by the new or “novel” coronavirus. The virus is called SARS-CoV-2.

## How serious is it?

We think there are many people with no, mild, or moderate symptoms; but some people can become seriously ill from COVID-19 and require treatment in a hospital.

Those at highest risk of becoming seriously ill are those with weakened immune systems, older people, and those with pre-existing health conditions such as diabetes, cancer, and chronic lung disease.

## Are children at high risk for serious illness from COVID-19?

Children seem to be at lower risk of serious illness from COVID-19. However, they can spread the virus to others.

A rare syndrome called Multi-system Inflammatory Syndrome in Children (MIS-C) has occurred in a small number of children with COVID-19. Symptoms of MIS-C may include:

- Persistent fever (temperature of 100.4 degrees F or 38.0 degrees C or greater)
- A rash or changes in skin color, red eyes or conjunctivitis
- Red cracked lips or red, bumpy tongue that looks like a strawberry
- Swollen hands and feet
- Abdominal pain
- Swollen lymph nodes

Small spikes of another rare condition called acute flaccid myelitis seem to occur in the U.S. every other year in the fall. Any significant weakness or problems walking after a viral illness should be reported to your child’s health care provider. AFM is not known to be associated with COVID-19.

Get care immediately or call 911 if your child has any emergency warning signs for COVID-19 or MIS-C:

- Trouble breathing, painful or quick breathing
- Persistent pain or pressure in chest, racing heart
- Severe abdominal pain, diarrhea or vomiting
- Severe dehydration with decreased frequency of urination
- Change in skin color or appearance — becoming pale, patchy or blue, swelling
- Acting unusually sleepy, dizzy or confused

## Is there a treatment for COVID-19?

Healthcare professionals can treat most of the symptoms, but there is no vaccine or cure for COVID-19 at this time. Researchers and medical providers are working hard to develop treatments and eventually a vaccine.

## Are other family members or friends of my child at risk of getting COVID-19?

People are at highest risk of catching the virus if they are a *close contact* of a person with COVID-19. Based on current research, a *close contact* is someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before they became sick until the time they were isolated. Most people who live in the same household are close contacts.

People who are a close contact of someone with COVID-19 may have contracted the virus and need to take action to protect others. If you are a close contact of a child who tests positive for COVID-19, you need to quarantine. The Health Department will contact you about the length of time you will need to quarantine.

### **What is the difference between quarantine and isolation?**

Quarantine is staying in place, either at home or elsewhere, for fourteen days **because you had close contact with someone who has tested positive for COVID-19.**

Isolation is staying in place, either at home or elsewhere, for 10 days or more **because you have tested positive or have symptoms of COVID-19.**

### **What should I do if I develop symptoms while caring for my child?**

Most people with COVID-19 have one or more of the following symptoms:

- fever (at least 100.4oF or 38oC)
- subjective fever (feel feverish)
- chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of sense of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

If you have any of the symptoms above, talk to your medical provider and consider getting tested for COVID-19.

Some people may not have any symptoms, but may have the infection and be able to spread it. This is why we recommend you stay at home for a period of time, to limit infecting others.

### **When will my child's isolation end?**

Your child needs to be on isolation for at least 10 days since the first day of their symptoms. On day 10, if they have not had a fever for the past 24 hours without the use of fever reducing medications and their symptoms are getting better or gone, they can be released from isolation.

**For more information on COVID-19, visit:**

Maryland Department of Health COVID-19 page: <https://coronavirus.maryland.gov/>

Centers for Disease Control (CDC) COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Or contact your local health department.