



ARCHDIOCESE OF BALTIMORE CATHOLIC SCHOOLS

COVID-19 SELF QUARANTINE GUIDE

Your child has been identified as a contact of someone diagnosed with COVID-19 or presumed to be positive for COVID-19. For those exposed as a contact for a confirmed case of COVID-19, follow these guidelines for 14 days from your last potential exposure to COVID-19. For those exposed to an individual presumed to be positive for COVID-19, follow these instructions until receiving notice that the presumed individual has received an alternative diagnosis or has tested negative. If no alternative diagnosis can be made, or a COVID test complete, then adhere to these guidelines for for the full 14 days.

1. Take your child's temperature with a thermometer at least two times a day.
2. Record your child's temperature and symptoms in a daily log every day at the same time. Call their health care provider to report any new symptoms.
3. Watch for symptoms such as fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), mild flu-like illness (fatigue, chills, muscle aches) and/or loss of taste or smell.
4. Protect others -
 - Keep your child home from school during the period of quarantine.
 - Avoid public transportation, taxis, or ride-shares.
 - Do not allow non-essential visitors into your home.
 - If you must have visitors, notify them of your child's quarantine status.
 - Keep your distance from others (about 6 feet or 2 meters).

Your child will need to stay home on quarantine for at least 14 days from the day they were exposed. If your child develops a fever or respiratory illness (cough, sore throat, runny nose or shortness of breath), mild flu-like illness (fatigue, chills, or muscle aches), or loss of taste or smell while under quarantine:

1. Seek medical advice – call ahead before you go to a healthcare provider's office or emergency room. Tell them your child is under COVID-19 quarantine and about your symptoms.
2. Make sure your child covers his/her mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing.
3. Have your child wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if your hands are visibly dirty.
4. Isolate your child from others in the household, when possible. Keep your child home until:
 - At least 10 days have passed since your child's symptoms first appeared

AND

 - At least 72 hours (3 days) have passed since recovery (the resolution of fever without the use of fever-reducing medications with improvement of respiratory symptoms).

A negative test does NOT mean your child can end quarantine early; it can take up to 14 days to develop symptoms or test positive after exposure.

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 IN QUARANTINE

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 who is positive for 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.*

If your child develops COVID-19, with or without symptoms, your household members will be at higher risk of getting COVID-19. This is why it is important to follow quarantine guidelines.

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 that people who are exposed to COVID-19 stay at home for a period of time, to limit infecting others.

When will my child's quarantine end?

Your child needs to be on quarantine for at least 14 days since they were exposed. On day 14, if they have not had any symptoms, they can be released from quarantine. If they develop any symptoms of COVID-19, they will be put on 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>

Information about COVID-19 evolves quickly and recommendations from public health officials may change. Please check the following websites often for updated information:

Resources

- [Coronavirus and You](#)
- [What you need to know about coronavirus disease 2019 \(COVID-19\)](#)
- [COVID-19 Frequently Asked Questions and Answers](#)
- [What to do if you are sick with COVID-19](#)
- [Caring for yourself at home](#)
- [Preventing the spread of COVID-19 in homes](#)
- [Cleaning and disinfection guide](#)