

COVID-19 PARENT FACT SHEET

PARENT/GUARDIAN

Your child may have been exposed to: SEVERE ACUTE RESPIRATORY SYNDROME CORONAVIRUS 2 (SARS-CoV-2).

SARS-CoV-2 infection (COVID-19) is a highly contagious viral infection.

Need to stay home?

Yes, until fever is gone for 24 hours without the use of fever-reducing medication and the child is well enough to participate in routine activities.

DO NOT give aspirin or salicylate-containing medicines to anyone under 18 years of age.

Symptoms

Your child may have a fever, chills, cough, shortness of breath, body aches, headache, vomiting/diarrhea, or a new loss of taste or smell. Your child may also be infected and have no symptoms (asymptomatic).

If your child has been infected, it may take 2 to 14 days for symptoms to start,

Spread

- By close contact to someone who is infected
- By breathing, sneezing or coughing.
- By touching contaminated hands, surfaces, or objects.

Contagious Period

If your child has symptoms, from you child is contagious from 2 days before to 10 days after the symptoms have started.

If your child is asymptomatic and tested positive, your child id contagious from 2 days before to 10 days after the test was taken.

Call your Healthcare Provider

If anyone in your home:

- Has COVID-19 symptoms. Your doctor may want to test for the virus, and this may be administered in the clinic or at home. Infants who are hospitalized may be treated with a special medication called antiviral drug.
- Has been exposed to COVID-19. An exposure to COVID-19 means a person is near a COVID-19 case within 6 feet for 15 minutes or more during a 24-hour period.

Prevention

- Monitor your child for COVID-19 symptoms. If your child is ill, regardless of vaccination status
- COVID-19 vaccine is recommended for all who are eligible. Booster vaccine doses

are also recommended for some groups.

- Wear a well-fitting mask if returning to school or childcare after day 5 of an exclusion period.
- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.
- Children exposed to COVID should test on day 6 after exposure, wear a mask for 10 days, and watch for any symptoms. If symptoms develop, stay at home and get tested.

For more information, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: dpbhepi@health.nv.gov