

WHEN TO KEEP YOUR CHILDREN AT HOME ►►

Keeping your child home when they are sick, or when another member of the household is sick, is an important way that you can help keep our school community safe from the spread of COVID-19. We know that keeping your child at home is challenging. Thank you for helping us keep our community healthy.



Keep children home when **they are sick or feeling sick** to avoid spreading germs to others.

How long should I keep my children home?

- ▶ If your child gets flu-like symptoms without a fever, keep them home to lower the chances of spreading the illness to others.
- ▶ If your child has a fever, keep them home for at least 24 hours after the fever is gone without the use of fever-reducing medication. This will help ensure that the fever is truly gone and that your child is past the point of being contagious.
- ▶ Children with weakened immune systems may need to stay home longer.



Keep unvaccinated* children home if **their sibling or another member of the household** is confirmed to have COVID-19 or has symptoms consistent with COVID-19

How long should I keep my children home?

- ▶ As much as you can, keep the sick member of the household isolated from the rest of the family.
- ▶ Your child needs to begin quarantine immediately, and continue to quarantine throughout the 5-day isolation period of the person with COVID-19 and continue to quarantine for an additional 5 days after the isolation period of the person with COVID-19. After that, the CDC recommends your child get tested for COVID-19 on Day 10. Your child can return to school after 10 days if they are symptom free or their symptoms are improving for 24 hours without the use of fever-reducing medication. Your child needs to continue wearing a mask and provide a copy of the COVID-19 test result to the school nurse as soon as it's available.
- ▶ If your child begins to have symptoms, they should get a COVID-19 test and begin isolation immediately. If they test positive, they need to isolate until they are fever-free for 24 hours without the use of medication and they are symptom free. Your child needs to continue to wear a mask.

Is there a way to shorten the length of quarantine when this happens?

- ▶ Yes. Vaccinated individuals** do not need to quarantine if their sibling or another member of the household has COVID-19, although the CDC does recommend that they get tested on Day 5 and then again 5 days after isolation ends for the individual with COVID-19. For information on who is eligible for a vaccine, and where to get the vaccine, visit Harris County Public Health: <https://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus>

*Unvaccinated refers to those who are unvaccinated, or not fully vaccinated

** Vaccinated refers to individuals who are up to date on their vaccination and boosted or otherwise fully vaccinated



Keep children home when **they are confirmed** to have COVID-19 or **have symptoms** consistent with COVID-19

How long should I keep my children home?

- ▶ If your child receives a positive test for COVID-19, they need to stay home and isolate.
 - Your child needs to isolate for 5 days and can return to school on Day 6 if their symptoms have improved and they are fever-free for 24 hours without the use of fever-reducing medication.
- ▶ If your child has symptoms of COVID-19, they need to get a COVID-19 test to confirm if they are infected with the virus.
 - If they test positive for COVID-19, they need to isolate for 5 days and can return to school on Day 6 if their symptoms have improved and they are fever-free for 24 hours without the use of fever-reducing medication.
 - If they test negative for COVID-19, they can return to school when their symptoms have improved and they are fever-free for 24 hours without the use of fever-reducing medication.