



COVID INFORMATION

Instructions for Quarantine

WHAT DOES QUARANTINE MEAN?

You have been told to quarantine your child. What now?

QUARANTINE DEFINITION

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. (source: CDC.gov) You may also visit [this link](#) for the CDC's quarantine guidelines.

QUARANTINE DOS

- DO stay home for 14 days after your last contact with a person who has COVID-19
- DO watch for fever (100°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- DO stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19
- DO monitor your health for symptoms
- DO take action if symptoms develop. [See instructions here.](#)

QUARANTINE DON'TS

- DO NOT take your child out of the house unless it is to see a physician
- DO NOT have playdates with children from other families
- DO NOT risk exposing others by taking your child to other schools and daycares, parties, and public events
- DO NOT let your child ride in the car with others who are not in quarantine
- DO NOT have contact with people who are at [higher risk](#) for getting very sick from COVID-19