MARIN HEALTH & HUMAN SERVICES
Health, Well-being & Safety

DEPARTMENT OF HEALTH AND HUMAN SERVICES
COMMUNICABLE DISEASE PREVENTION AND CONTROL
www.marinhhs.org/cdpc

COUNTY OF MARIN

COVID-19—Exposure in TK-12 Schools: Social Close Contact or Sports Exposure

Your child may have been exposed to this illness on _____ and your child was determined to be a social close contact of a positive person or was exposed in a high risk activity such as sports. Your child should test five (5) days after their exposure.

Your child is **NOT** required to quarantine at home at this time. It is strongly recommended that your child wear a mask at school, in activities, and in public for 10 days after the exposure. Please closely monitor your child for symptoms for 10 days. If symptoms develop, stay home and test immediately.

COVID-19 can cause these symptoms:

- Fever and/or chills
- Cough
- Sore throat
- Loss of taste and/or smell
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and/or diarrhea

Symptoms usually start 2 to 10 days after a person is exposed to the virus.
COVID-19 can cause serious illness in children with underlying conditions and in older adults.

How is COVID-19 spread ?

COVID-19 in spread in 3 main ways:

- Breathing in air when close to an infected person.
- By droplets from talking, coughing and sneezing that land in the eyes, mouth or nose.
- Touching eyes, nose or mouth with hands that have the virus on them.

An infected person can spread COVID-19 starting from 2 days before they had symptoms (or for people without symptoms 2 days before they tested positive) until they meet criteria for discontinuing home isolation.

What should I do now?

Watch your child for symptoms of this illness for 10 days. If your child develops any of the symptoms above, isolate your child from others they live with and test your child for COVID-19. Go to the hospital if your child is having difficulty breathing or is unresponsive. A child with COVID-19 may NOT return to school or activities outside the home until they have completed their prescribed isolation period. Please notify your school if your child tests positive for COVID-19.

For more information on how to safely isolate contact your health care provider, or visit: https://coronavirus.marinhhs.org/

Everyone who is eligible should receive the COVID-19 vaccine to reduce the risk of getting sick.