



**ATTN:** As of May 16, 2022, SFPDH will not be updating this document. This document will continue to be available for reference purposes for schools and programs until June 30, 2022. For more information and ongoing updates, visit: <https://sf.gov/schools-childcare-and-youth-programs-during-covid-19-pandemic>

**For Parents and Guardians:**

## **COVID-19 Symptom and Exposure Check**

### **1. Has your child had any symptoms listed below that are NEW or DIFFERENT from usual?**

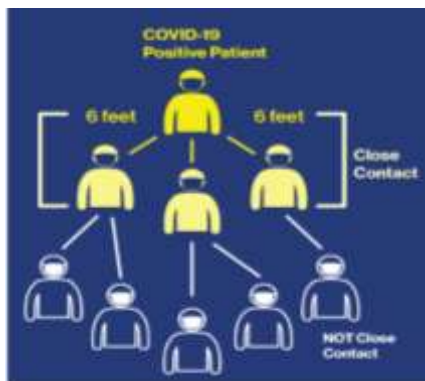
- Fever (100.4°F/38°C or higher) or chills
- Cough
- Headache
- Sore throat
- Loss of taste or smell that started in the last 10 days  
*Children may say that food “tastes bad” or “tastes funny”*
- Feeling out of breath or having a hard time breathing
- Diarrhea, nausea or vomiting
- Fatigue
- Muscle aches or body aches



If your child has any of the symptoms above:

- Contact your child’s doctor, and have your child tested for COVID-19.
- **Keep your child at home until you get their test results.**
- Tell your child’s school or program.

### **2. Did your child have exposure to someone with COVID-19 in the last 10 days?**



Answer YES if your child was in the same shared indoor airspace (e.g. classroom, your home, etc.) with someone with COVID-19 for a total of 15 minutes or more over the course of a day, even if both people were wearing masks.

People with COVID-19 can spread the infection to others starting 2 days before they begin to have symptoms until 5 days after their symptoms started. People who test positive without any symptoms are contagious from 2 days before until 5 days after their positive test.

**Your child’s symptoms could be due to COVID-19 even if they have been vaccinated against COVID-19.**

You should keep your child home and away from others until they can get tested. If the test is negative, but



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you have a high concern for COVID-19 due to a high-risk exposure (like someone in your home was positive for COVID-19 before your child developed symptoms), you may consider quarantining or self-limiting their exposure to others and repeat testing at least 24 hours after the first test.

For more information on what to do for COVID-19 symptoms, exposures, and positive tests, see <https://www.sfdph.org/dph/covid-19/schools-isolation-and-quarantine.asp>

## Returning to school or other programs

### After COVID-19 symptoms, with or without known close contact



**If your child gets tested for COVID--19**, they can return if their test is negative. They must stay at home until you get their test result. They must also follow their school's or program's rules on returning after illness. For example, many schools ask students to wait for 24 hours after a fever before returning to school.

Testing is usually the fastest way for your child to go back to their school or program. **You must show proof of your child's negative test**, for example, the test result or a message from your clinic or test site that the test was negative. When your child gets tested, let the clinic or test site know **that** you will need this.

*If your child has had COVID-19 in the last 90 days, it is recommended they get tested with an antigen test since a PCR test can stay positive from their last infection for a longer period of time.*

**If your child is not tested**, they must stay out of school until:

- 10 days have passed since their symptoms first appeared **AND**
- 24 hours with no fever, without taking medicines for fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) **AND**
- They are starting to feel better. Their symptoms do not have to be completely gone.

### **Exceptions: Doctor's Note or Clinic Note**

Sometimes a child's illness is clearly due to another cause, like strep throat or hand-foot-and-mouth disease. Other times, a child's symptoms may be from a known medical condition, like a cough in a child with known allergies. In these situations, your child's doctor or clinic may give you a note saying that your child can go back to their school or program without a COVID-19 test. This does not mean that your child does not have COVID-19. Many children with COVID-19 do not have any symptoms. It only means that a clear cause other than COVID-19 was found for your child's symptoms.

If your child has a note from their doctor or clinic saying that they can go back to school, the school should accept the note without a COVID-19 test. The note can be an email, electronic message or part of an after-visit summary.



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### Getting a COVID-19 test for your child

- Contact your child's doctor or the clinic listed on their health insurance card.
- If your child does not have health insurance or a regular doctor, call
  - SFDPH New Patient Appointment Call Center for COVID-19 at 415-682-1740
  - Mission Neighborhood Health Center at 415-552-3870 x2217
- For other places where your child can get tested, see <https://sf.gov/gettested>