

## **Your Child Has Tested Positive for Covid-19**

**\*\*If after CAREFULLY reading this handout, you still have questions, please message our office via the patient portal and a nurse will reply.**

### **Isolation and Care for the Person With Covid-19:**

If your child is old enough to provide self-care, your child should **ISOLATE** from unvaccinated household members for **10 DAYS** from the onset of symptoms or positive test, whichever came first.

**ISOLATION** means:

- Stay in a separate room and eat separately from others
- Use a separate bathroom if possible; if not surfaces should be wiped down after use
- Mask when in the same space as others or when walking through the house

If your child is such an age that the above described isolation is not possible, then, ideally, a vaccinated household member should provide ALL care for the 10 day isolation period. That person should mask when caring for the child. If there are no vaccinated people in the homes, be advised that the person caring for the child will not BEGIN their quarantine until the positive person has completed their 10 day isolation (the period during which the Covid positive person is contagious).

### **Quarantine for Household Members:**

**VACCINATED** household members DO NOT need to quarantine. They should mask indoors for 10 days/remainder of isolation period for the infected person.

**UNVACCINATED household members must quarantine IN THE HOME - NO WORK, NO SPORTS, NO SCHOOL – for 10 days** from the last exposure (meaning the last time they were unmasked in the same room) to the Covid positive person. If the infected person does not isolate, then quarantine will last an additional 10 days for unvaccinated household members – a total of 20 DAYS.

### **Notification of Contacts:**

Depending on your county of residence, you may be contacted by your local health department for contact tracing. You should notify anyone who was exposed to the Covid positive person (meaning within 6 feet for more than 15 minutes) in the 48 hours prior to their symptom onset or positive test.

### **When to Test Other Household Members:**

Any household member who develops symptoms should be tested. This can be a rapid test that has previously been obtained from some schools, libraries, drugstores or our office. You may search [www.ohio.emed.com](http://www.ohio.emed.com) for locations near you. If you need to get these from our office, contact us and we will leave them outside the building doors for you to pick up.

Any UNVACCINATED household member who remains without symptoms at day #5 of quarantine may obtain a PCR and if negative leave quarantine after day #7. We do not provide this type of testing for asymptomatic people, nor does COPC or Nationwide Childrens Hospital.

### **Symptom Management:**

Typical care for fever/achiness – consult our parent manual for dosing. Tylenol (acetaminophen) is preferred for Covid-19, but ibuprofen can be used for breakthrough symptoms while on Tylenol.

Supportive care for congestion, runny nose, cough, or sore throat – elevated head of bed, run humidifier, nasal suction, honey for cough if > 1 year of age. Over-the-counter cough/cold medication can be safely used for symptoms when age appropriate (consult our parent manual for dosing).

Call our office with fevers lasting more than 5 days, worsening cough, labored breathing, chest pain or complaints of difficulty breathing.

### **Covid Positive Athletes > 12 Years of Age:**

If mild Covid symptoms (fever < 4 days, < 7 days muscle aches/fatigue) your child must ISOLATE with REST for 10 days, then follow a graded, 7 day return to play protocol (see attached).

If symptoms are more severe your child will need an appointment following their 10 day isolation period to be cleared for sports. Please call our office to schedule.

### **Return to School or Daycare:**

Please call our office during regular office hours, during day #5-#8 of isolation/quarantine if a note is needed for return to school. We will fax directly to the school if a number is provided.