

COVID-19 Symptom and Exposure Check

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

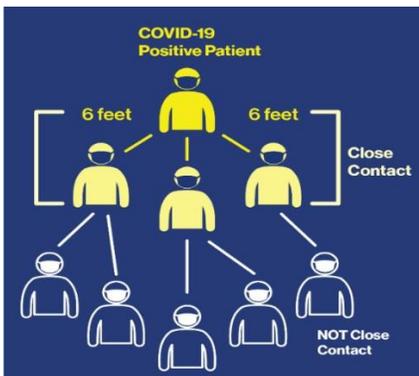


- Fever (100.4°F/38°C or higher)
- Cough
- Severe headache
- Sore throat
- Loss of taste or smell that started in the last 10 days
Children may say that food “tastes bad” or “tastes funny.”
- Difficulty breathing
- Vomiting or diarrhea

If your child **DOES** have any of the symptoms above:

- Keep them home from Faith Formation Programs
- Contact your child’s doctor and ask for a COVID-19 test for your child.
- Contact the parish DCM and notify them that your child is ill.

2. Was your child in close contact to someone with COVID-19 in the last 10 days?



Skip this question if your child was fully vaccinated for COVID-19 at least 2 weeks ago or if your child had a positive COVID-19 test in the last 3 months. See [CDC Guidelines](#) for details.

Answer YES if your child was:

- In the same small group as someone with COVID-19, or
- Within 6 feet of 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 are contagious starting 2 days before they begin to have symptoms until 10 days after their symptoms started. People who test positive without any symptoms are contagious from 2 days before until 10 days after their positive test.

If your child/youth had close contact during this time, your child could be infected. Keep them at home for 10 days after their last close contact, and refer to the [CDC Guidelines](#).

If your child/youth continues to have close contact with someone who has COVID-19 (for example, a parent or caregiver), your child must quarantine for 10 days after the person with COVID-19 is no longer contagious. In most cases, this is a total of 20 days after the person with COVID-19 first developed symptoms (if they never had symptoms, 20 days after their positive test)

Returning to Faith Formation or other programs after COVID-19 symptoms



If your child/youth gets tested for COVID-19, they can return after

- A negative COVID-19 test **AND**
- 24 hours with no fever, without taking medicines for fever, like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), **AND**
- They are starting to feel better. Their symptoms do not have to be completely gone.

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 is not tested, or their COVID-19 test is positive, they can return after

- 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.

Getting a COVID-19 Test for Your Child

Contact your child's doctor or the clinic listed on their health insurance card. Tell them that your child has COVID-19 symptoms.

If your child does not have health insurance or a regular doctor, call your local health department.