

# COVID-19 Symptom and Exposure Check

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

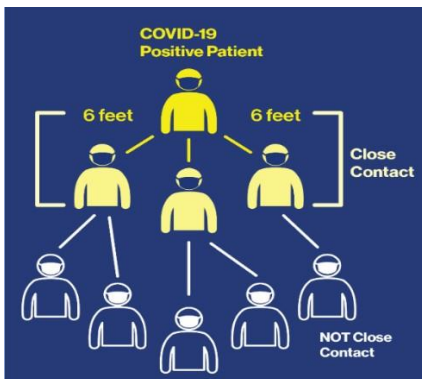


- Fever (100.4°F/38°C or higher)
- Cough
- Severe headache
- Sore throat
- Loss of taste or smell that started in the last 10 days  
*Children may say that food “tastes bad” or “tastes funny.”*
- Difficulty breathing
- Vomiting or diarrhea

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.