



**For Parents and Guardians:**

# Daily COVID-19 Symptom and Exposure Check

Check your child each day before they leave home.



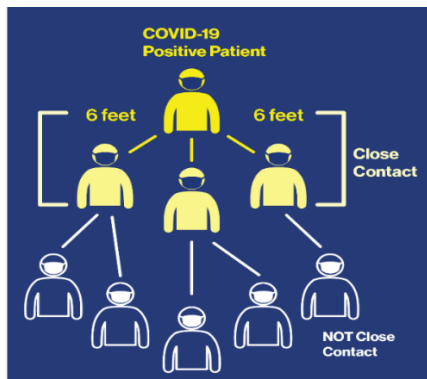
## 1. Has your child had any symptoms listed below that are **NEW** or **DIFFERENT** from usual?

- 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 school
- Contact your child’s doctor and ask for a COVID-19 test for your child.
- Tell your child’s school or program that your child is sick.

## 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 COVID19 at least 2 weeks ago or if your child had a positive COVID19 test in the last 3 months. See [sfcdcp.org/quarantineaftervaccination](https://sfcdcp.org/quarantineaftervaccination) for details.*

Answer YES if your child was

- In the same cohort/pod 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 had close contact during this time, your child could be infected. Keep them at home for 10 days after their last close contact, and follow the [Home Quarantine Instructions for Children and Youth](#).**

*If your child continues to have close contact with someone who has COVID19 (for example, a parent or caregiver), your child must quarantine for 10 days after the person with COVID19 is no longer contagious. In most cases, this is a total of 20 days after the person with COVID19 first developed symptoms (if they never had symptoms, 20 days after their positive test)*



## San Francisco Department of Public Health

### For Parents and Guardians

## Returning to school or other programs after COVID-19 symptoms



**If your child 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.

This 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 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.

### 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. In this case, 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.

### 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

- 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>