

STUDENT ISOLATION

INSTRUCTIONS FOR PARENT/GUARDIAN

When Student is Positive for COVID

If your child tests positive for coronavirus or is presumptive positive based on symptoms your child should begin isolation immediately.

Isolation means the following:

- Your child should stay home except to get medical care
- Your child may not attend school in-person. If your child feels well enough to attend remote school they may participate in remote learning.
- You should consult with your child's doctor
- Refer to the CDC's guidance on Caring for Someone Sick at Home <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html#contact>
- Keep a symptom log (note what symptoms your child experiences and the dates the symptoms were present).
- Measure your child's temperature daily at least 6 hours apart and record the temperature in a symptom log. Wait at least 6 hours after your child takes a fever reducing medication such as Tylenol or Ibuprofen before checking their temperature.

*****When to seek immediate medical attention.** If your child has any of the following emergency warning signs for COVID 19 seek medical attention immediately. Call 911.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Isolation will be discontinued by Department of Public Health (DPH) when:

- At least 10 days have passed since symptoms first appeared, or if asymptomatic 10 days from your child's first positive test AND
- Your child has been fever free for a minimum of 24 hours without the use of fever reducing medications AND
- There is improvement in your child's COVID-19 symptoms (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell).

*****A contact tracer will call you on behalf of Delaware Department of Public Health to conduct an interview for your child. Contact tracing provides follow-up and support through the isolation period. Your caller ID will state DE PUBLICHEALTH or 302-446-4262. You will need to answer this call and complete the interview. This interview will generate your child's isolation letter for school and your child's release from isolation letter at the end of the isolation period. **All Delaware public schools require this letter for return to school.** Once you complete the interview you will receive follow-up via text message until your child is released from isolation. Public health will provide the isolation letter and isolation release letter via text or email. Please provide a copy of each of the letters to the school nurse **prior** to your child's return to school.

**** Due to high volumes of COVID-19 cases you may not receive a contact tracing phone call immediately. Your child still needs to isolate. If you have not received a phone call from Public Health within 5 days of receiving your child's positive test results please alert your school nurse.*

For State of Delaware information about COVID-19, testing sites, contact tracing, resources, and FAQs please refer to:

<https://coronavirus.delaware.gov/>