**If your child has been exposed to someone with COVID-19,
follow the steps below to quarantine your child and avoid spreading the disease to others:**

What Do I Do If I Have Been Notified That My Child Was Exposed to COVID-19?

- If your child was a close contact (within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period), it is recommended to quarantine for 14 days. Quarantine can end after Day 10 if they do not have symptoms. Refer to the **TDH guidance** for more details.
- Your child **MAY NOT** return to school, school activities, childcare or work and is to avoid elderly and other high-risk individuals and public places during quarantine.
- **Your child should not leave the home** except to obtain medical evaluation.
- If there is no choice but to leave the home, your child should wear a cloth face covering and remain at least six feet from others.
- Your child does NOT need to be tested for COVID-19 unless your child develops symptoms.
- Mask wearing is especially important though Day 14 and should also continue beyond your quarantine period.

Will the Department of Health Contact Me?

- You may receive a call from a representative of the Department of Health if your child has been identified as a close contact of someone with COVID-19. Refer to the **TDH guidance** for more details.

When Can My Child Go Back to School?

- Your child will need to follow **TDH guidance for quarantine**.
- Your child **MAY NOT** go to school, school activities, childcare or work and is to avoid public places during the quarantine period.

Will My Child Get COVID-19?

- While the SARS-CoV-2 virus that causes COVID-19 does not cause illness in every person it infects, it is highly contagious. Your child is at risk of getting sick for up to 14 days from the time of their last exposure to the person with COVID-19.
  - Watch for fever, cough, shortness of breath, diarrhea, abdominal pain and loss of smell or taste. If your child develops symptoms of COVID-19, call your child's medical provider.
  - If your child needs medical attention, call your medical provider or hospital before you arrive and tell the provider that your child was exposed to COVID-19.
- Your child does NOT need to be tested for COVID-19 unless your child develops symptoms.

Always Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering in public settings where other distancing measures are difficult to maintain.
- Cover coughs and sneezes with your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

Learn More: www.tn.gov/health/cedep/ncov or www.cdc.gov/coronavirus/2019-ncov   12.3.2020