

What to do if you are waiting for COVID-19 test results

Do not take your child to any place outside the home. If your child needs medical care, follow the instructions below. Recommendations are per Minnesota Department of Health (MDH) and The Centers for Disease Control and Prevention (CDC).

HOME ENVIRONMENT

- As much as possible, keep your child away from other family members and have them use a separate bathroom.
- Do not let your child share food, dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, wash them with soap and water.
- Clean all frequently touched surfaces in your home daily, including doorknobs, light switches, and faucets.
- Wash your child's hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Instruct to avoid touching the face with unwashed hands.
- If older than 2 years old have your child wear a facemask if around other people and instruct on covering the mouth and nose with a tissue when coughing or sneezing. Wash hands thoroughly afterward.

HOME CARE

- Monitor your child's symptoms.
- Offer plenty of fluids and allow your child to eat when hungry and to rest as much as possible.
- Use Tylenol or Ibuprofen for fever and discomfort as needed. If your child has a fever of $>101^{\circ}\text{F}$ that lasts more than 3 days or is not making urine at least every 4-6 hours contact our clinic for guidance
- As always, if your child needs emergency medical attention, call 911. Let them know that your child has been tested for COVID-19 and the results are pending

CONTACTS

- Siblings and other household contacts should stay home until patient's test is resulted.

Getting your child's test results

It can take 3-7 days from the date of your child's test to get results. You will be called when information is available. If you do not hear from us by 8 days after the test was collected, please call clinic.

FOR ALL CHILDREN—Continue home isolation as described above until test is resulted.

IF YOUR CHILD TESTS POSITIVE

- A trained public health worker will call to follow up with you and give you more information about what to do.
- Your child should stay home in isolation until at least 10 days from symptom onset, symptoms improved AND no fever for 24 hours without Tylenol/Ibuprofen.
- Siblings or household contacts should stay home for 14 days from last contact with positive case.

IF YOUR CHILD TESTS NEGATIVE

- Your child can return to school or program 24 hours after symptoms improve.
- Siblings or household contacts can return to school or program
- A negative COVID-19 test at one point in time does not mean your child will stay negative. Your child could become ill with COVID-19 and/or test positive at any time.
- If your child develops worsened symptoms of COVID-19, talk to your health care provider about further evaluation.
- Continue to wash hands often, avoid touching the face, practice social distancing of 6 feet, and wear a cloth face-mask when out of the home.