COVID-19 Guidance for Parents

What to do if...

Your child has COVID-19 symptoms:

People with symptoms of COVID-19 should wear a mask, isolate, and get tested. Common symptoms include fever, runny nose, cough, and sore throat. To learn more, please refer to Los Angeles County Department of Public Health's **Learn about Symptoms and What to Do if You Are Sick.**

If your child tests negative using an antigen test but continues having COVID-19 symptoms, they should continue to stay home and away from others and retest in 2 days.

Please don't send your sick child to school.

Your child tests positive for COVID-19:

1. **Isolate (ph.lacounty.gov/covidisolation)**
   - Keep your child at home and away from others for a minimum of 5 days.
   - Follow all **isolation instructions.**
2. **Mask (ph.lacounty.gov/masks)**
   - If your child needs to be in the same room as others, make sure they wear a well-fitting mask.
   - Children whose symptoms have resolved and are fever free for at least 24 hours meet the **criteria** to end isolation after Day 5 and may return to school. All individuals leaving isolation after Day 5 should continue to wear a well-fitting mask indoors when around others through Day 10.
3. **Inform (ph.lacounty.gov/covidcontacts)**
   - If your child was at school two days before testing positive for COVID-19 or before developing symptoms, they were infectious and capable of infecting others. We ask that you please inform the school immediately if your child tests positive so that we can reduce the risk of an outbreak.
   - Inform **close contacts** of their exposure, i.e. anyone your child shared indoor airspace with for at least 15 minutes while they were infectious.

Your child is exposed to someone infected with COVID-19:

People who are exposed to someone with COVID-19 do not need to stay home away from others if they test negative on days 3-5 and do not have symptoms. If they start to feel sick, they should stay home and test right away. For more information, please see **Instructions for Close Contacts.**

To view this flyer online, scan the QR code:

COUNTY OF LOS ANGELES Public Health

Tools to Keep our Community Safe

Vaccination

We recommend that students are up to date on their COVID-19 vaccinations (that means they have received at least 1 updated Pfizer-BioNTech or Moderna COVID-19 vaccine). Being up to date with the recommended COVID-19 vaccine doses protects your child from serious illness and death caused by COVID-19. For more information on staying up to date with COVID-19 vaccines, please visit [Stay Up to Date with COVID-19 Vaccines](#). For information about where to get vaccinated visit the [How to Get Vaccinated webpage](#).

Testing

Students should [test for COVID-19](#) if they have symptoms, have been exposed, or have recently been in crowded, poorly ventilated spaces without a mask (such as during travel). Students are also encouraged to test prior to returning to school after vacations.

For additional testing resources, visit [LA County – COVID-19 Testing](#) or follow up with your health care provider.

Note: Most at-home tests can be safely used past the expiration date listed on the box. Check the FDA's [At-Home COVID-19 Test page](#) to see if the expiration date of your test kit has been extended.

Masking

[Masks](#) help prevent the spread of COVID-19. People exposed to COVID-19 should wear a well-fitting mask around others for 10 days from their last exposure. Masks should also be worn by anyone with a known COVID infection leaving isolation between Day 6 - 10.

Additional Resources

- For additional tools to keep your student safe and healthy, please visit [COVID-19 Resources for Parents and Guardians.](#)
- For information on current COVID-19 guidelines and requirements in Los Angeles County, please visit [LA County's COVID-19 webpage.](#)
- For help, please call the **COVID Info Hotline** at **1-833-540-0473**, which is available in multiple languages.

COUNTY OF LOS ANGELES
Public Health