

COVID-19 Fact Sheet for Families

Dear Parent or Guardian,

You are receiving this fact sheet because:

- You or your child may have been exposed to novel coronavirus (COVID-19). If you or your child has COVID-19 symptoms (see symptom list below), please get tested for COVID-19. Call your medical provider or go to a [free testing site](#). Notify your child care provider or preschool immediately if you or your child test positive for COVID-19.**
 - For informational purposes only.**
-

What is novel coronavirus (COVID-19)?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. Health experts are concerned because this new virus can cause severe illness and pneumonia in some people — especially people over age 60, people with certain health conditions (such as heart or lung disease, or diabetes) or weakened immune systems, and pregnant people.

What are the common symptoms of COVID-19?

Most coronavirus illnesses are mild with fever and cough. Adults and children with COVID-19 have reported the following symptoms or combinations of symptoms, which may appear in as few as 2 days or as long as 14 days after exposure to the virus:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.4°F or 38°C or higher
- Chills
- Congestion or runny nose
- Headache
- Muscle pain or body aches
- Sore throat
- Fatigue
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell
- Other signs of new illness that are unrelated to a preexisting condition (such as seasonal allergies)

This list is not all possible symptoms. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Children with COVID-19 usually have milder symptoms. To learn more about COVID-19 symptoms, visit the Centers for Disease Control and Prevention [website](#).

How is COVID-19 spread?

Health experts are still learning more about how COVID-19 spreads. Currently experts think the virus spreads when an infected person coughs, sneezes, or talks close to other people. Droplets can enter the mouths or noses of people who are nearby or can be inhaled by people who are in close contact with one another. Close contact means being within 6 feet of someone for about 15 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you, or you had direct contact with their body secretions.

The virus can also spread when a person touches a surface that has the novel coronavirus on it and then touches their own mouth, eyes, or nose. People infected with COVID-19 are thought to be most contagious when they are feeling sick, but we also know they can spread the virus to others up to 48 hours before symptoms begin or even if they never develop symptoms.

Who is at risk for severe illness from COVID-19?

People who are considered most at risk are those 60 years or older, people with health conditions such as heart or lung disease, diabetes, or weakened immune systems, and pregnant people. Children are not currently a high-risk group for serious illness from this virus. However, there have been a few cases of multi-system inflammatory syndrome in children (MIS-C), a rare complication of COVID-19 in children. Children with certain health conditions, such as heart disease, asthma or weakened immune systems may be at higher risk.

How can I protect myself and my family from COVID-19?

Currently, there are no vaccines available to prevent COVID-19 infections.

The best ways to protect yourself and your family are to:

- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer (60% alcohol or greater). Do not use sanitizer with children under age two.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.
- Work from home if possible, avoid large gatherings, and practice physical distancing by staying 6 feet away from others.
- Wear a face covering that covers your mouth and nose (people age 2 and older) when you are in a public place where you cannot stay 6-feet away from others (this includes in child care).
- Check [CDC's Travel Alerts and Tips for COVID-19](#).

What should I do if my child had close contact with a suspected or confirmed case of COVID-19 in the childcare facility while the case was showing symptoms or in the 48 hours before symptoms began?

- Anyone who has had close contact with someone who is suspected or confirmed with COVID-19 should stay home for 14 days, monitor for symptoms and call their healthcare provider if they become sick.
- If you work in essential services (such as healthcare), and you are unable to keep your child at home and out of child care during this 14-day period because it affects your ability to continue to provide

these vital services, talk with your child care provider. Public Health – Seattle & King County considers child care providers “critical infrastructure workers.” Child cares are allowed to continue serving families working in essential services (e.g. healthcare, janitorial, or grocery workers) who do not have this option, as long as the child remains well. The decision to stay open will be up to each child care facility.

What should I do if someone in my family develops symptoms of COVID-19 or has confirmed COVID-19?

- Anyone who is sick should stay home.
- If someone in your family has symptoms of COVID-19, call your healthcare provider to get tested for COVID-19 or go to a [free testing site](#).
- If someone in your household tests positive for COVID-19, tell your child care provider.
- Anyone who develops symptoms or has confirmed COVID-19 should remain at home and away from others for at least 10 days from the onset of symptoms AND 24 hours after fever has resolved (without fever-reducing medication) AND symptoms have improved.

When can my child return to child care after having confirmed COVID-19?

An individual who had confirmed COVID-19 can return to child care when it has been:

- At least 10 days from the onset of symptoms
- **AND** 24 hours after fever has resolved (without fever-reducing medication)
- **AND** symptoms have improved

How is COVID-19 treated?

There are no medications specifically approved for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever-reducing medications. However, some cases develop pneumonia and require medical care or hospitalization.

How do I find a COVID-19 testing location nearby?

- For a list of locations that provide free COVID-19 testing, regardless of immigration or insurance status, visit: www.kingcounty.gov/covid/testing.
- Call Public Health’s COVID-19 hotline (206-477-3977) for help finding a testing site.
- For more information about what to do if you have confirmed or suspected COVID-19 or are worried that you may have COVID-19, visit www.kingcounty.gov/depts/health/covid-19/care

This document was updated on July 24, 2020. It has been printed from the Seattle & King County Child Care Health Program website by your child care or school. It is for information only and is not meant as a substitute for consultation with your healthcare provider. This document may be updated as we learn more about this novel virus. Please check back frequently for updated versions.