

## Walworth County Public Health – Fall 2020 Guide for Parents

*Guidance as of 8/20/2020*

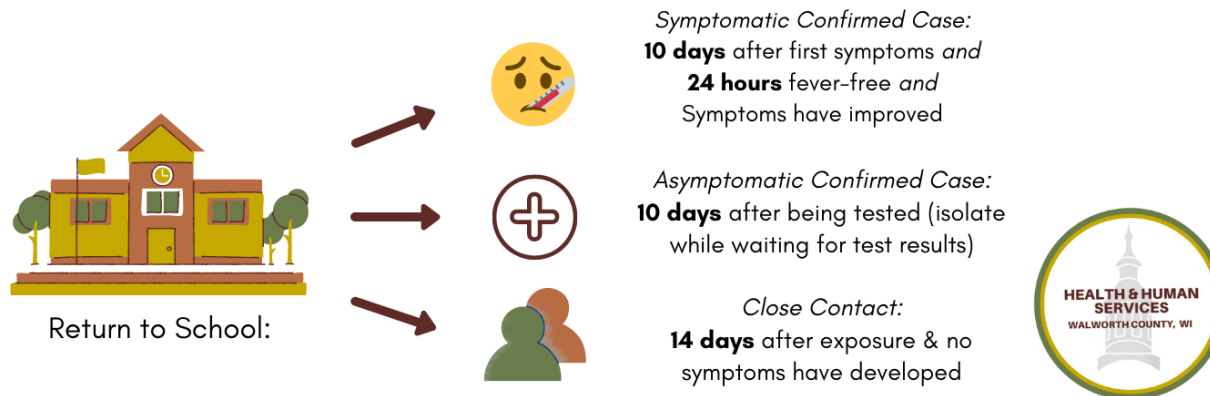
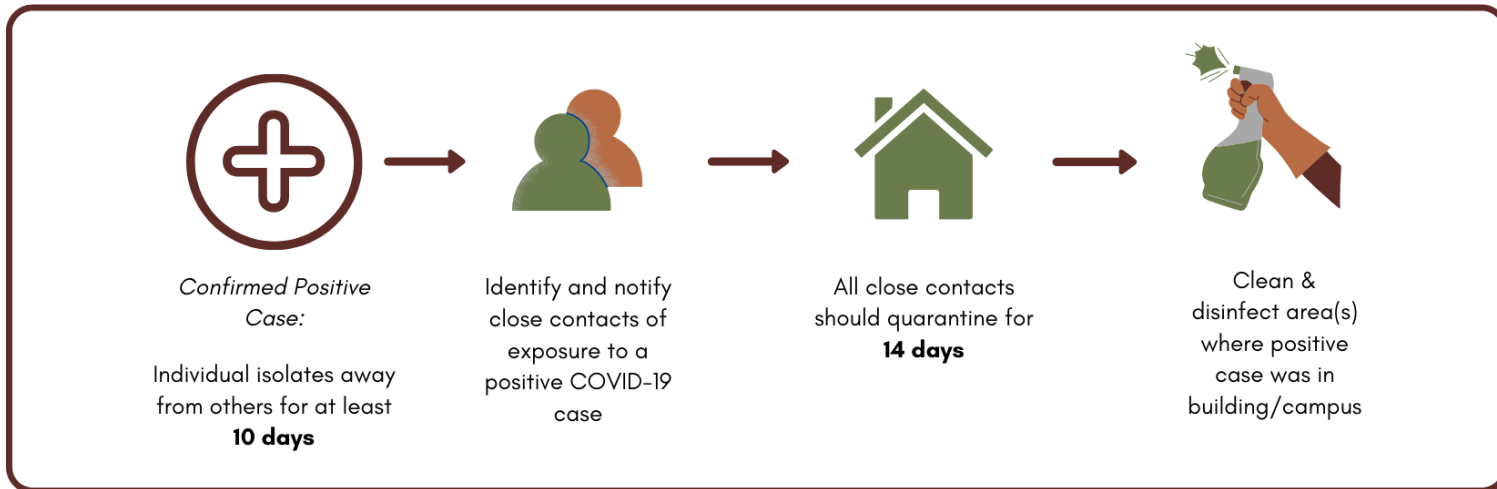
*This document provides broad guidelines for safely reopening schools. Each school district has unique needs and all are encouraged to consider how and when to apply this guidance.*

*We believe that most children learn best when physically present in the classroom. Educators are invaluable in children's lives and attending school in person offers a wide array of health and educational benefits that cannot be replicated virtually. Current evidence suggest that children and adolescents are less likely to be symptomatic and less likely to have severe disease resulting from COVID-19. Children may also be less likely to become infected and to spread infection. Strategies to reduce the spread of COVID-19 within schools must be balanced with the known harms to children, adolescents, families and the community by keeping children home.*

*What are the symptoms of COVID-19?*

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days (average of 3-5 days) after exposure to the virus**. People with these symptoms may have COVID-19:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

What are the isolation and quarantine recommendations for COVID-19?



*What are the scenarios I can expect related to COVID-19 in my school?*

<b>Scenario</b>	<b>Next Steps</b>	<b>Important Communications</b>
My child exhibits symptoms of COVID-19 while at school	Child sent home	Speak to medical provider
My child is a close contact of a confirmed COVID-19 case outside of the school community	Child should quarantine for 14 days from exposure to COVID-19 case  Contacts of a close contact do not need to quarantine	Recommend contacting the school to notify of quarantine
My child tests positive for COVID-19	Child isolates away from others for 10 days  School close contacts identified & quarantined for 14 days	Recommend contacting the school as soon as you are aware of positive COVID-19 test results
My child tests negative after close contact	Child should remain quarantined for 14 days after exposure and monitor for symptoms	Recommend contacting the school to notify of quarantine If child develops symptoms, notify school
My child tests negative after exhibiting symptoms of COVID-19 and did not have exposure to a confirmed case	Child should stay home until they feel well and have been fever-free without the aid of medication for 24 hours  If diagnosed with other illness, follow appropriate exclusion guidance	Contact your school nurse

\* If your child develops severe symptoms of COVID-19 (bluish lips or face, inability to wake or stay awake, new confusion, persistent pain or pressure in the chest, shortness of breath or difficulty breathing), seek medical care immediately.

*Does my child need a negative COVID-19 test result before returning to school if they were exposed to someone with COVID-19?*

- No. If your child has been exposed to someone with COVID-19, they should complete a 14-day quarantine. After they have completed their quarantine period and do not have any symptoms of COVID-19, they may return to school.

*What can I do to help prevent my child and family from getting COVID-19?*

- Encourage your child and family to **practice physical distancing** of 6 feet or more.
- Use simple **face coverings**. Instructions on [making a cloth face covering](#) are available from the CDC. You can also see flyers for making cloth face coverings: [How to make a cloth face covering without sewing](#) and [How to make a cloth face covering using a bandana](#).
- **Wash hands often** with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol. Avoid touching eyes, nose, and mouth with unwashed hands. Avoid sharing drinks, utensils, or other items.
- If your child feels sick or has been exposed to COVID-19, they should remain at home.
- Regularly clean high-touch surfaces in the home (i.e. remotes, refrigerator handle, door handles, etc.)

*What is expected of parents this school year?*

- Honesty and transparency will be essential for keeping school communities safe this fall. Parents should take the following steps:
  - o Monitor your child for illness. If your child has a fever or other symptoms, they should not go to school.
  - o If your child has had exposure to COVID-19, they should not go to school.
  - o If your child tests positive for COVID-19, alert your school immediately. This will facilitate contact tracing and prevent further spread of the disease.
- View [CDC's Back to School Checklists](#) for more information on how you can prepare your child for a healthy school year.

*How should I talk to my child about COVID-19?*

- Below are tips from the CDC (to read more, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>):
  - o **Remain calm.** Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
  - o [Reassure children](#) that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
  - o **Make yourself available to listen and to talk.** Let children know they can come to you when they have questions.
  - o **Avoid language that might blame others** and [lead to stigma](#).

- **Pay attention to what children see or hear** on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- **[Provide information that is truthful and appropriate](#)** for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **[Teach children everyday actions](#)** to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- **If school is open, discuss any new actions that may be taken** at school to help [protect children and school staff](#).

*Who should I contact with questions?*

- Contact your school if you have questions about health and safety at your school, attendance, etc.
- Contact your child's primary care provider if you have questions about your child's health.
- Contact your school if you have questions or concerns about face coverings.
- Walworth County Public Health will contact you or anyone in your household for contact tracing purposes. Your school may also contact you for contact tracing purposes.

*What resources are available to learn more about COVID-19?*

- Wisconsin Department of Health Services:
  - [DHS COVID-19 Home Page](#)
  - [Returning to School After COVID-19](#)
- Walworth County Public Health:
  - [Walworth County COVID-19 Home Page](#)
  - [Walworth County COVID-19 Data Dashboard](#)
- CDC:
  - [CDC COVID-19 Home Page](#)
  - [CDC Schools & Child-Care: COVID-19](#)