

COVID-19 Exposure Notification Letter

Dear Parent/Guardian,

You are receiving this notification because:

Your child has been identified as a close contact with a person who tested positive for COVID-19 at **[NAME OF CHILD CARE OR EARLY LEARNING PROGRAM]**. Close contact means being within 6 feet (2 meters) of someone with COVID-19 for a combined total of 15 minutes or more within a 24-hour period, or if someone with COVID-19 coughed on you, kissed you, or shared utensils with you.

Your child had close contact with someone who has COVID-19 on the following date(s): **[DATES HERE]**.

What should I do now?

Skagit County Public Health recommends the following:

If your child has no symptoms, keep your child home (“in quarantine”) and away from other people until either:

- []/[]/[] = 14 days from last exposure to a person with confirmed COVID-19]. This is the safest option.**
- []/[]/[] = 10 days from last exposure to person with confirmed COVID-19] In this case, continue monitoring for symptoms until day 14. If any COVID-19 symptoms develop during the 10 days, remain in quarantine and get tested.**
- []/[]/[] = 7 days from last exposure to person with confirmed COVID-19] This 7 day option only applies if your child is tested on or after **[DATE HERE]** the 5th day after last exposure and the test result is negative.**

To have your child tested for COVID-19, call your child’s healthcare provider or go to a free testing site.

Find a list of local testing locations here:

<https://www.skagitcounty.net/Departments/HealthDiseases/coronavirusTESTsites.htm>

The purpose of quarantine is to wait and see if a person who has been exposed to someone with COVID-19 will get infected. A negative test during this quarantine period only means that they did not have COVID-19 at the time of testing, but they may still develop symptoms or test positive for COVID-19 later within the 14-day period.

- **People in quarantine should leave the home only if you are taking them to get medical care or COVID-19 testing.**
- Watch for COVID-19 symptoms through day 14 even if a shortened quarantine is followed.
- Your child should not attend school, child care, or participate in other social or community activities during quarantine.

Note to child care and early learning program administrators: **before sending to families**, please call Skagit County Public Health at 360-416-1500 for assistance in filling out this form.

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- At this time, your child’s siblings and other household members can still attend school, child care, or participate in other social or community activities.
 - However, **if your child who was exposed develops COVID-19 symptoms or tests positive**, then the entire household should quarantine and seek testing. Please call Skagit County Public Health at 360-416-1500 for more guidance if this happens.

When should my child be tested for COVID-19?

It is best to wait at least 5 days to be tested **UNLESS** your child develops symptoms. If they develop symptoms, seek testing as soon as possible. Call your child’s healthcare provider to be tested or go to a free testing site: <https://www.skagitcounty.net/Departments/HealthDiseases/coronavirusTESTsites.htm>

- **If your child’s test result shows that they have COVID-19, please notify [contact name, name of child care or early learning program, phone number or email] as soon as possible.**
- If your child’s test is negative, they must still quarantine until **[DATE from above]**. A negative test result only means that they did not have COVID-19 at the time of testing. They may still develop COVID-19 during the 14-day quarantine period, so it is important to continue to watch for symptoms for 14 days.

What are the common symptoms of COVID-19?

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

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

This list does not include all possible symptoms. Please talk to 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: www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.

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

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

- Get a COVID-19 vaccine when it is available to you and your family members.
- When outside your home, stay at least 6 feet (2 meters) away from others.
- Avoid group gatherings and poorly ventilated indoor spaces.
- Wear a snug-fitting cloth face covering that covers your nose and mouth when you are in a public place, including outdoors if you cannot stay at least 6 feet (2 meters) away from others.
- 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 hand sanitizer on children under age two.
- Avoid contact with people who are sick. Stay home when you are sick and avoid close contact with others.

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- Check CDC's Travel Alerts and tips for COVID-19 at www.cdc.gov/coronavirus/2019-ncov/travelers/ if you or your family are traveling within the United States or overseas.

When can my child return to their child care or early learning program?

Your child's classroom will re-open on [DATE]

Children who do not develop COVID may return the day *after* they complete their full quarantine period if they are well.

Children who test positive for COVID-19 may return to child care when it has been either:

- At least 10 days from the start of symptoms (if symptomatic)
 - **AND** 24 hours after fever has resolved (without fever-reducing medication)
 - **AND** symptoms have improved
- **OR** 10 days after positive test was collected (if they never develop symptoms)

Find additional COVID-19 information at www.skagitcounty.net/coronavirus

If you have any questions, please contact **[name of child care or early learning program representative]** or call Skagit County Public Health at 360-416-1500. Interpreters are available.

Thank you,

[NAME OF PERSON SIGNING LETTER]