

## MY CHILD HAS BEEN EXPOSED TO COVID-19:

-An exposure is defined as “closer than 6 feet, for more than 15 minutes,” but also includes sharing the same living space (such as kitchen, bathroom, etc). Unfortunately, even masking does not completely eliminate the risk of spread between individuals.

-A “secondary contact” is NOT considered high risk, and does not prompt the need for testing or quarantine. An example of this would be

---The mother of a child who goes to your child’s daycare tests positive

---The sibling of a child in your child’s classroom tests positive.

If your child does not have symptoms but has been exposed we will only perform a nasopharyngeal PCR test and send to the lab as the rapid test is not accurate if you do not have symptoms .

-If you are notified that your child has been exposed to a positive case, it is recommended that they be tested in order to isolate them properly and prevent spread of the disease.

Testing prior to 2-5 days from exposure is NOT recommended.

-If you choose NOT to test your child after exposure, it is recommended that you presume that they do have it, to avoid further spread. We recommend quarantining the child for a total of 14 DAYS, in order to monitor for development of symptoms. Should symptoms develop, testing is absolutely recommended, as this will affect the quarantine period for household members (parents and siblings).

-Following exposure, a POSITIVE test (whether asymptomatic or following the development of symptoms) would lead to a

necessary isolation period of TEN DAYS from the onset of symptoms (if symptomatic), or from the day of the swab collection (if not symptomatic).

-Following exposure, a NEGATIVE test does not shorten the quarantine period, as a test may not become positive for up to 14 days following a known exposure. So, an exposed individual must quarantine for the full 14 days, regardless of a negative test result. Also, new symptoms that occur within the quarantine period and AFTER a prior negative test should absolutely be re-tested, and this would prompt a new 10-day isolation period.