

COVID-19

Spring reminders for parents, guardians, and caregivers

- Things have changed since the beginning of the pandemic, including the availability of vaccines, therapeutics, level of community immunity, circulating variants, and we know about how COVID-19 impacts children.
- As the response to COVID-19 continues to move out of the emergency phase, there are still everyday steps we can all take to ensure everyone has access to a safe and healthy learning environment, including those who are at higher risk of severe outcomes.
- Here are some important reminders:
 - Stay home when sick, and reach out to your health care provider to discuss testing and treatment options if you think you might have COVID-19 (e.g., you know you have been exposed to COVID-19, or know that COVID-19 is circulating in your community, school, or family and you have symptoms). If you think you may have COVID-19, avoid interacting with anyone who is [more likely to develop severe disease](#). Though older adults have the highest risk for severe illness, some children may have medical conditions that increase their risk.
 - Public health recommends [isolation](#) as an important strategy to control the spread of COVID-19 in the community, schools, and child care settings. People with COVID-19 symptoms should stay home.
 - If you test positive or think you have COVID-19 (for example, if you feel sick and you've recently been exposed to someone with COVID-19), isolate at home for five full days after your positive test or the start of your symptoms. Wear a mask around others for five full days after that.
 - If you test negative, you can end isolation.
 - If unable to stay home for five days, wear a mask, especially around those who may be [at risk of severe disease](#) (grandparents, residents living in long-term care, etc.).
 - Stay home any time you're sick, even if you know it's not COVID-19, for at least 24 hours after your fever resolves without fever-reducing medications and your other symptoms are improving.
 - Familiarize yourself with your school's illness policies to ensure you follow any school-specific requirements.

- Wash your hands frequently with soap and water, or use hand sanitizer with at least 60% alcohol if soap and water are not available.