

# COVID-19 SCHOOL GUIDANCE

Saginaw County



HEALTH DEPARTMENT

## If your child is exposed to COVID-19 and asked to quarantine and self-monitor

You will be contacted either by the SCHD or a representative of the Michigan Department of Health & Human Services.

### Your child will be asked to :

Stay home and quarantine for 14 days & you will monitor their symptoms twice per day [morning + night]

### Monitor their health, twice daily

- Take their temperature twice per day and write it down
  - Must be **at least 30 minutes after eating, drinking, or exercising**
  - **Wait 6 hours after taking medications which can lower your temperature** (acetaminophen, ibuprofen, paracetamol, or aspirin)
  - **Clean your thermometer** with soap and water after each use
- **Look for symptoms such as:**
  - cough
  - difficulty breathing
  - sore throat
  - runny nose
  - fever

*\*Keep track of any symptoms they are experiencing*

### If they do have a fever of 100.4°F, cough, or trouble breathing:

If a child is experiencing a **life-threatening emergency, call 911** immediately

- **Call your doctor's office or urgent care facility BEFORE seeking care** to discuss their symptoms and self-monitoring information
- **Call the Saginaw County Health Department** to inform them of your child's symptoms and that you are monitoring them at (989) 758-3828

### COVID-19 SPREADS THROUGH CLOSE CONTACT

Protect the health & safety of others

Practice good health habits while self-monitoring

- Practice the 3W's (wash your hands, wear a mask, watch your distance)
- If soap and water are unavailable, use a **hand sanitizer with at least 60% alcohol**
- **Avoid close contact with others** & do not share cups or eating utensils
- **Disinfect high touch surfaces** often
- Get plenty of sleep, eat nutritious food, drink plenty of fluids, be physically active, and manage stress

### The 3 Ws: How to Best Protect Your Child When Returning to School



**Wash your hands**

**Wear a mask (or face shield)**

**Watch your distance**

**Stay home, unless seeking medical care**

*\*Call ahead so they may prepare for your visit*

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