



## **Questions and Answers for Parents of Children Exposed to COVID-19**

Your child has been exposed to COVID-19. These questions and answers will guide you in monitoring your child's health for the next 14 days. Fourteen (14) days is the longest time it might take for your child to get sick with COVID-19, if he or she has been infected with the virus.

### **How can I get my child tested?**

You can call your child's doctor and ask about testing or you can find places to get tested by looking at [www.txcovidtest.org](http://www.txcovidtest.org) on the Internet. You can also call 2-1-1 and ask for option 6.

### **What is isolation monitoring?**

Isolation monitoring means that you keep your child at home for 14 days to see if he or she gets sick with COVID-19. During the 14 days you need to take your child's temperature twice a day and write down any symptoms he has on a 14-day log.

### **Why do I need to take my child's temperature and write down his or her symptoms?**

Fourteen days is the longest time between when your child has contact with someone who is sick with COVID-19 and when your child might get sick. Taking your child's temperature for 14 days and writing down any symptoms will help you know if your child is getting sick.

### **What if someone in my house has COVID-19?**

If someone in your house is sick with COVID-19, you and your child will need to stay home and monitor for fourteen days after the ill person has recovered.



## What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, cough and difficulty breathing. Some people also have muscle aches, tiredness, sore throat, headache, runny nose, chills, stomach pain, nausea, vomiting or diarrhea. If your child has any of these symptoms during the 14 days of monitoring, please call your child's doctor right away.

## How do I monitor my child's health?

A 14-Day Symptom Log is included with this information. Please use it to write down your child's temperature and possible symptoms on each of the 14 days. Here are the steps.

- Take your child's temperature with a digital thermometer **two times a day** (at least 6 hours apart), once in the morning and once in the evening
- Write the temperature twice a day on the log after you take it
- If you forget to take a temperature, take it as soon as you remember
- The possible symptoms are listed on the left side of the form. Twice a day, make a check in the box only if your child has that symptom.
- If your child takes Advil, Tylenol, Aleve or Motrin on any day, make a check in the box for that day on the bottom row of the log.
- **If your child has any of the symptoms listed on the log during the 14 days, keep your child at home and call your child's doctor.**

## What should I do if my child gets sick during the 14 days?

If your child gets sick with any symptoms, remain isolated and call your child's doctor for medical advice.

If your child is dangerously ill, call 9-1-1 for medical transport and tell them that your child is being monitored for COVID-19.

## What should I do if I have more questions?

If you have more questions you can use the Texas Health Trace website and complete the "Self-Checker" questions found at the link below:

[https://txctt.force.com/ct/s/assessment?language=en\\_US](https://txctt.force.com/ct/s/assessment?language=en_US)