

If your child was exposed to COVID-19:

Be prepared to talk to your local health department about:

- Your child's exposure to the infected individual
- Any symptoms your child may be experiencing
- Your child's health history



Monitor your child for the following symptoms:

- Fever or chills
- Congestion or runny nose
- Sore throat
- Fatigue
- Muscle or body aches
- Nausea, vomiting or diarrhea
- Difficulty staying awake
- New loss of taste or smell
- Headache
- Shortness of breath
- Confusion
- Blue nail beds, lips



Take steps to protect your child, yourself, and others:

- Quarantine your child for 7, 10, or 14 days, per health department recommendations
- Distance your child at least 6 feet from people in your home, using a separate bathroom, if possible
- Notify friends, family members, and employers that your child has been exposed to an infected individual.
- if you need medical assistance, call your health care provider



For more information, contact **WCHD** at **859-873-4541**