For Parents and Guardians: COVID-19 Health Checks
at Child Care Programs and Summer Day Camps

Your child's program will check your child for symptoms of COVID-19 every day when they arrive.

STEP 1: SYMPTOM CHECK

You will need to answer the following question.

In the last 24 hours, has your child had any of these symptoms, <u>new</u> or <u>different</u> from what they usually have, and not explained by another reason?

- Fever or chills
- Cough
- Sore throat
- Shortness of breath or trouble breathing
- New loss of taste or smell
- Seems sick or like they are starting to get sick

Answer yes if the symptom is NEW, DIFFERENT from how your child usually is, or UNEXPLAINED. Here are some examples.

- Your child has asthma. They often cough with exercise or allergies.
  - They have their usual cough → NO, this is not new or different.
  - Their cough is worse than usual or sounds different than usual → YES
- Your child complains that their muscles hurt all over
  - A day or two after exercising harder or doing much more physical activity than usual. They are look well except for feeling sore. → NO
  - They haven't done any unusual physical activity, and they look ill. → YES
- Your child has a sore throat
  - After eating a large bag of Sour Patch Kids. Their tongue hurts too. → NO
  - Your child has a sore throat for no clear reason → YES

Trust your judgement. You know best how your child looks and acts when they are getting sick.

STEP 2: FEVER CHECK

If your child does not have symptoms, the program will take your child's temperature to check for fever. Some programs may ask you to take your child's temperature with a thermometer yourself instead.

A fever is a temperature over 100.4°F when you take your child's temperature at home. When programs take temperatures, a temperature over 100°F is considered a fever. This is because programs use a special "no-touch" thermometer that may read slightly lower, especially when used outside.

IF YOUR CHILD HAS SYMPTOMS OR A FEVER

Stay home. Your child cannot attend the program that day. Contact your child's regular doctor or clinic for advice. Your child should also stay home until they meet the conditions to return to childcare or camp.

RETURNING TO CHILDCARE OR CAMP AFTER A FEVER OR SYMPTOMS OF COVID-19

If your child gets tested, they can return after

- A negative COVID-19 test <u>and</u>
- 3 days with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), <u>and</u>
- 3 days since symptoms have improved. The symptoms do not have to be completely better.

<u>You must show proof of your child's negative test</u>, for example, the test result or a message from your clinic or test site that the test was negative. When your child gets tested, let the clinic or test site know that you will need this. This is usually the fastest way for your child to return to their program.

If your child is not tested, they can return after

- 10 days have passed since symptoms first appeared <u>and</u>
- 3 days since symptoms improved. <u>and</u>
- 3 days with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).

Exceptions: Doctor's Note or Clinic Note
Sometimes a child's symptoms are clearly due to another cause, such as strep throat or hand-foot-and-mouth disease. This is not common, but in this situation, your provider may choose to give you a note saying that your child can return to their program. This does not mean that your child does not have COVID-19. Many children with COVID-19 do not have any symptoms. It only means that a definitive cause has been found for the symptoms that kept your child out of their program. The note may be an email, electronic message or part of an after-visit summary.

How to get your child tested for COVID-19 if they don't have a regular doctor or clinic

- Contact the clinic on your child's health insurance card. If your child has Medi-Cal, call the clinic on their SFHP or Anthem Blue Cross card. Tell them your child is assigned to the clinic, and they need a COVID-19 test to return to childcare or camp.

- If your child does not have health insurance or a regular doctor, call

  o SFDPH New Patient Appointment Call Center for COVID-19 at 415-682-1740
  o Mission Neighborhood Health Center at 415-552-3870 x2217

  o If you also need a clinic that can see low-income children for a free well child check and enroll them in temporary Medi-Cal (CHDP Gateway), see
     https://www.sfdph.org/dph/files/MCHdocs/CHDP/CHDP_Provider_List_2020.pdf