COVID-19 QUICK TIPS | DAYCARES

QUICK TIP 1

Take steps to protect staff and students.

- ☐ Encourage all* staff and students to **mask at all times**
  older than two years old, no medical conditions prohibiting use of masks
- ☐ **Promote social distancing** in classrooms, during nap times, in break areas, playground, etc.
- ☐ **Clean and disinfect regularly** with EPA approved disinfectants
- ☐ Encourage students and staff to **wash hands often**
- ☐ **Limit visitor access to your building**
- ☐ **Screen all individuals for symptoms**

QUICK TIP 2

Watch for symptoms of illness.

Individuals who have COVID-19 may present with the following:

- ☐ Fever or chills
- ☐ New cough
- ☐ Shortness of breath or difficulty breathing
- ☐ New loss of taste or smell
- ☐ Sore throat
- ☐ Nausea/vomiting
- ☐ Diarrhea
- ☐ Muscle or body aches
- ☐ Fatigue
- ☐ Headache
- ☐ New nasal congestion/stuffy or runny nose

QUICK TIP 3

Take action if someone is ill or illness is suspected.

1. **Separate the COVID-19 positive individual from others until they can go home** (use an empty classroom, office, nurses station, etc.). Mask child, if appropriate. Staff sitting with the child should be masked and socially distanced. **Have COVID-19 positive individual stay home until isolation is complete.**
2. **Identify close contacts.**
3. **Notify and require quarantine for close contacts.**
4. **Report positive case to your local health department.**

Learn how to isolate or quarantine: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/.

Required **isolation** period for COVID-19 positive individuals

Isolation keeps someone who is infected with the virus away from others.

Positive individuals with symptoms should isolate for at least 10 days and 24 hours fever-free, without the aid of fever reducing medications, and all other symptoms have improved.

Positive individuals without symptoms should isolate for 10 days from first positive test date.

Who is considered a **close contact?**

Close contacts include anyone who spent 15 minutes or more at a distance of 6 feet or less with the positive person during their infectious period.

How long is **quarantine** period for close contacts?

Individuals who start to have symptoms during their quarantine should immediately isolate and get tested.

Quarantine keeps someone who might have been exposed to the virus away from others. CDC recommends close contacts quarantine for 14 days.

All close contacts must remain masked at all times and practice social distancing until after Day 14.

The following options exist to end quarantine after day 7 or 10 if certain criteria are met:
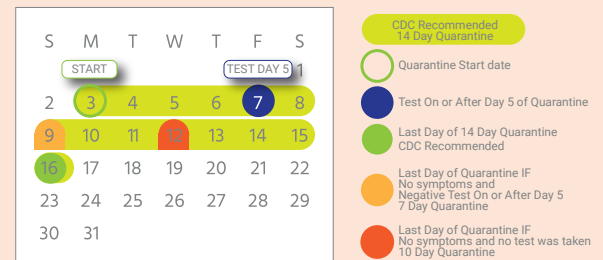
Close contacts who have had a COVID-19 infection within three months of any new exposure or who have been fully vaccinated within three months of any new exposure do not need to quarantine.

QUICK TIP 4

Report COVID-19 illness to the Health Department.

Report all positive and suspected cases to the Health Department.

GWINNETT ROCKDALE NEWTON COUNTY HEALTH DEPARTMENTS

MAIN PHONE 770-339-4260 ASK FOR "EPI-ON-CALL" | AFTER-HOURS EMERGENCIES 404-323-1910

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