COVID-19 Exposure

An individual associated with your child care provider has tested positive for COVID-19. COVID-19 is believed to spread mostly person-to-person through respiratory droplets. It can take between 2-14 days to develop symptoms after exposure. To protect health and prevent the further spread of COVID-19, everyone who receives this letter should follow the instructions below.

1. **Monitor for illness for 10 days from the date you were last in the class.**
   Symptoms of COVID-19 include: fever, chills, cough, shortness of breath or difficulty breathing, muscle or body aches, headache, congestion or runny nose, sore throat, nausea or vomiting, diarrhea, fatigue, or new loss of taste or smell.

Please monitor your child for these symptoms. Take your child’s temperature daily with a thermometer and any other time they feel feverish. If they are taking any fever-reducing medicine such as acetaminophen or ibuprofen, take their temperature just before taking the next dose to get an accurate reading. If symptoms develop, keep them home and in isolation. If you have concerns about how severe their symptoms are, contact their health care provider.

2. **If symptoms develop, stay at home and isolated from other people until:**
   1. There has been no fever for at least one day without the use of fever reducing medication such as acetaminophen or ibuprofen, AND
   2. Symptoms have improved, AND
   3. At least 5 days have passed since symptoms first appeared (10 days if unable to wear a mask)

3. **If you develop symptoms, you should be tested for COVID-19. Anyone who does not have symptoms but may have been exposed to someone with COVID-19 should get tested 5 days after they were exposed.** Visit [www.boco.org/COVID19Testing](http://www.boco.org/COVID19Testing) to find a testing location or contact your health care provider.

Thank you for taking these precautions to help keep our community safe!