



COVID-19 Close Contact Guidance

This letter is to inform you that your child has been identified as a close contact to a positive case of novel Coronavirus disease 2019 (COVID-19). In order to prevent the spread of COVID-19, you need to do the following:

- Monitor for symptoms such as a fever (above 100.4), cough, or difficulty breathing/shortness of breath.
- Take your child's temperature at approximately the same time each day.
- If your child experiences symptoms of COVID-19, isolate them and call their doctor immediately. Inform them of your child's potential exposure and their symptoms. If your child is ill and you feel they need emergent care, seek care immediately and inform dispatch and health care providers that your child has had contact with a known COVID-19 case. Please let Northern Kentucky Health know if you seek medical care.
- Have your child remain at home. As much as possible, they should stay in a separate room away from other people in your home. DO NOT allow them to eat meals with others in your home. They should also use a separate bathroom, if available.
- Do not allow your child to attend school, shopping centers, movie theaters, stadiums, church, or any other event.
- Do not allow your child to travel
- Do not allow your child to travel by any public or commercial transportation such as a bus, taxi, airplane, train, Uber/Lyft or boat.

Quarantine Timeline

Unvaccinated students who are identified as a close contact are required to self-quarantine.

Your child's quarantine will begin after their last contact with the person who is positive, even if this person is a household member. There are three different ways your child can quarantine if they remain asymptomatic.

1. Quarantine for 14 days; especially if you are going to be around people that are high-risk for the virus: elderly, those with comorbidities; immunocompromised (**Recommended**)
2. Quarantine for 10 days if your child has **NO** symptoms
3. Quarantine for 7 days if your child has a negative COVID-19 test on or after day 5 and has **NO** symptoms

***Fully vaccinated persons do not need to quarantine following an exposure to a person diagnosed with COVID-19 if they are not experiencing symptoms.**

***Persons testing positive for COVID-19 within 90 days of the exposure do not have to quarantine.**

COVID-19 ranges from a mild to severe respiratory illness. Symptoms may appear anywhere from 2 to 14 days after exposure to the virus. Most infected with COVID-19 have a mild to moderate illness and can recover at home. However, some people are more likely to have severe illness requiring hospitalization, including the elderly and those with chronic diseases such as diabetes, heart disease, kidney disease, and lung disease.

It is important that everyone does their part to prevent the spread of illness in their community. Everyone should regularly wash hands for at least 20 seconds with soap & water, cover coughs and sneezes with a tissue or elbow, and clean & disinfect frequently touched surfaces and objects. Stay home if you are sick and stay away from others who are sick. Practice social distancing. Do not gather in groups and stay at least 6 feet from others.

If you have questions, please contact Kentucky's COVID-19 Hotline at 1-800-722-5725 or visit www.knykyhealth.org or www.kycovid19.ky.gov.

Updated August 19, 2021