

COVID-19 Guidance for Parents

What to do if...

Your Child Has Cold, Flu, or COVID-19 Symptoms:

- Children with respiratory virus symptoms should wear a mask, stay home and away from others, and get tested for COVID-19.
 - Common symptoms include coughing, sneezing, sore throat and fever. To learn more, see [Respiratory Virus Symptoms and What to Do if You Are Sick](#).
- If your child tests negative for COVID-19 and continues to have symptoms, they should remain at home and away from others and retest in 2 days.
- Avoid contact with elderly or immunocompromised people while your child is sick.
- Talk to their pediatrician about [treatment](#).

Your Child Tests Positive For COVID-19 & Has Symptoms:

- Your child **MUST** stay home and away from others while they have symptoms and/or fever.
 - Your child may return to school when they have been fever-free for 24 hours without taking medicine that lowers fever **AND** they either have no symptoms or symptoms are mild and improving.
- Your child **MUST** wear a well-fitting mask around others for 10 days after symptoms began or the date of the initial positive test.
- It is recommended that your child test negative before returning to school.
- Follow all [COVID-19 Community Guidelines](#).

Your Child Tests Positive For COVID-19 & Has No Symptoms:

- Your child is not required to stay home from school if they do not have symptoms.
- They **MUST**, however, wear a well-fitting mask in all settings when around others for 10 days after first testing positive.

Your Child Is Exposed To Someone With COVID-19:

- Your child should get tested immediately if they were exposed to COVID-19 and have symptoms. If they do not have symptoms, they should test within 3-5 days after last exposure.
- If they start to feel sick, they should stay home and away from others.
- For more information, please see [Instructions for Close Contacts](#).

To view this flyer online, scan the QR code:



Tools to Keep Our Community Safe



Vaccination

We recommend that students keep up to date on their COVID-19 vaccinations (that means they have received at least 1 updated COVID-19 vaccine since September 2023).

Getting all the recommended doses will protect your child from serious illness, hospitalization and death caused by COVID-19.

For more information about vaccines and how to get vaccinated, visit publichealth.lacounty.gov/vaccines.

Testing

We recommend that anyone with respiratory symptoms or who has been exposed to a known case [test for COVID-19](#). Students also are encouraged to test prior to returning to school after breaks.

For more testing resources, visit publichealth.lacounty.gov/COVIDtests or talk with your health care provider.

Note: Most at-home tests can be safely used past the expiration date listed on the box. Check the FDA's [At-Home COVID-19 Test page](#) to see if the expiration date of your test kit has been extended.



Masking

[Masks](#) help prevent the spread of COVID-19.

Anyone with a known COVID infection — whether or not they have symptoms — must wear a well-fitting, high-quality respiratory mask around others for 10 days after symptoms begin or first positive test.

Additional Resources

- For additional tools to keep your child safe and healthy, please visit [COVID-19 Resources for Parents and Guardians](#).
- For information on current COVID-19 guidelines and requirements in Los Angeles County, please visit [LA County's COVID-19 webpage](#).
- For help, call the **Public Health InfoLine** at **1-833-540-0473**, which is available in multiple languages.

