



## **COVID-19 FAQ for Parents/Guardians**

### **Q: What are COVID-19 symptoms?**

COVID-19 symptoms include fever, cough, shortness of breath/difficulty breathing, chills, muscle or body aches, nausea/vomiting, diarrhea, fatigue, congestion or runny nose, headache, sore throat, and new loss of taste or smell. If you have one or more of these symptoms, you might have COVID-19.

### **Q: What if me or someone in my household was exposed to or diagnosed with COVID-19?**

**A:** If you or someone in your household was exposed to COVID-19, please stay home and quarantine for 14 days. Even if you or your household members are not showing symptoms, you must all still quarantine at home after being exposed to someone with COVID-19 or live with someone diagnosed with COVID-19. Your child can return to school once it has been 14 days since last close contact and your child does not display any COVID-19 like symptoms. If your child or someone in your household develops symptoms during the quarantine period, please contact a healthcare provider.

### **Q: What happens if my child starts showing COVID-19 like symptoms at school?**

**A:** If your child starts showing COVID-19 like symptoms at school, the school nurse will escort the student to the quarantine room for assessment. The school nurse will call home and request the student be picked up from school as soon as possible. To ensure the school nurse is able to contact home, please make sure your contact and emergency contact info is up to date with the school.



**Q: How do I get my child tested for COVID-19?**

**A:** If your child has symptoms consistent with COVID-19, contact your child's health care provider and ask to be tested. If you don't have a health care provider, contact an urgent care center near you. If don't have health insurance, contact your local health jurisdiction. Calling before you go in allows the team to prepare for your arrival and take precautions. Make sure to wear a facemask or cloth face covering if you go. Local testing sites include the Everett Clinic, Snohomish Health District, SeaMar Community Health Center, Skagit Regional Clinics Urgent Care, and Multicare Indigo Urgent Care. For a complete list of testing sites available please visit <https://www.snohd.org/549/Additional-Testing-Resources>.

**Q: What do I do if my child fails the health screening in the morning?**

**A:** If your child fails their health screening in the morning, please keep your child home and contact your healthcare provider, building nurse, or health district for further guidance.

**Q: Who can I go to for questions?**

**A:** You can contact your building principal, your building nurse, or the District Nurse if you have further questions.