

Saratoga County Public Health Services  
Child-Quarantine Protocol for 2021-Novel Coronavirus (COVID-19)

**If you have been informed that your child has been in contact with an infected individual within the last 10 days, please quarantine your child until you hear from the NYS COVID Contact Tracers who will place your child in mandatory quarantine in accordance with the following:**

1. Your child should remain at your home for the duration of the quarantine period.
2. Your child should not attend work or school outside your home. They cannot visit enclosed public spaces (grocery stores, drugstores, department stores, shopping malls, theaters, religious services, community centers) or attend any social gatherings.
3. Non-household members/visitors are not permitted in your living quarters.
4. Your child should stay in separate area of the house during the quarantine period and use a separate bathroom if available. Have someone prepare meals and bring them to your child's living quarters. Do not share common household items, i.e., linens, dishes, utensils, etc. Your child should limit their time in common household areas such as bathrooms and kitchens, maintain a >6-foot distance from household members, and should wear a mask when outside of the quarantine space.
5. Clean and disinfect commonly touched areas frequently.
6. Your child can walk outside your house on your own property, but they should not come within six feet of neighbors or other members of the public. If you are living in a multiple dwelling, avoid using common stairways or elevators to access the outside. Likewise, your child should refrain from walking in your neighborhood.
7. Inform all household members of your child's quarantine status.
8. Please monitor your child for symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:
  - Fever of  $\geq 100.4^{\circ}\text{F}$ / $\geq 38.0^{\circ}\text{C}$  (or feel feverish) or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose

- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. If your child has mild to moderate symptoms, stay home. Have your child drink plenty of fluids and rest. Encourage them to walk around house frequently. Do not take your child out of the home except to get essential medical care (including testing for COVID-19). If you or your child develop any symptoms of COVID-19 infection, call your medical provider or if you do not have a provider, call the COVID Hotline **(518)885-2276**. Notify your child's school as well.

**9.** Most people with COVID-19 have mild to moderate symptoms and recover on their own. Less commonly, COVID-19 may lead to pneumonia, other severe complications, hospitalization or death.

If you, or any household member, experiences a life-threatening condition, call 911 and notify the 911 operator that a person in the living quarters is under self-quarantine for COVID-19 so that responders can take proper precautions.

**Emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

**10.** If your child becomes symptomatic or ill, or test positive for COVID-19, those persons staying with your child in your living quarters may be subject to mandatory quarantine and your child may be subject to isolation.

**11.** If a child is placed on mandatory quarantine for COVID-19, but their parent(s) or guardian(s) are not, one of the child's parents or guardians should consider self-quarantining themselves with the child. Doing so will ensure that quarantined children are not unnecessarily separated from their caregivers for any length of period.

**12.** Notify the COVID Hotline of any needed care or services such as food, supplies, medicine or other supports that you require by calling **518-885-2276**.

**13.** You, or your legal guardian, may contact the COVID Hotline **518-885-2276** for any questions or concerns with this protocol. Please contact the number above.