

Notice of Exposure to Contagious Disease

Center: _____

Date: _____

Dear Parent or Legal Guardian:

A child in our program has: COVID-19

Information about this disease: COVID-19 is a respiratory illness caused by a strain of the coronavirus.

The disease is spread by: COVID-19 spreads through the air when a person coughs, sneezes, sings or talks. It can also spread when droplets land on surfaces and then are rubbed into the eyes, nose, or mouth. COVID-19 most commonly spreads during the first week of the infection.

The symptoms are: Children with COVID-19 usually have mild symptoms or no symptoms. A child with COVID-19 may have one or more of these symptoms: fever, runny nose and congestion, sore throat, cough, headache, tiredness, muscle pain, loss of taste or smell, nausea or vomiting, diarrhea.

The disease can be prevented by:

1. Good hand washing
2. Avoid contact with nasal discharge and mucus
3. Routine cleaning, sanitizing, and disinfecting
4. Well-ventilated indoor space
5. Increase outdoor time, when possible

When should children with this illness be excluded? Children diagnosed with COVID-19 are excluded from center and may return when they are fever-free for 24 hours without the use of fever reducing medications and their symptoms are mild and improving.

What the program is doing to reduce the spread:

1. Good hand washing
2. Teach children to use tissues or cough/sneeze into their elbow or shoulder
3. Teach children not to share food, eating utensils or toothbrushes
4. Open windows & lots of outdoor time
5. Clean and disinfect toys and classroom surfaces frequently

What you can do at home to reduce the spread:

1. Wash hands often
2. Use tissues when sneezing or wiping noses
3. Open windows for lots of fresh air
4. Teach children not to share food, eating utensils or toothbrushes.

If your child has any symptoms of this disease, call your health care provider to find out what to do and be sure to tell them about this notice. If you do not have a regular health care provider to care for your child, ask staff here for a referral. If you have any questions please contact:

Family Worker/Site Staff

Phone Number