If your child is exposed to COVID-19 and asked to quarantine and self-monitor

Monitor their health, twice daily

- Take their temperature twice per day and write it down
  - Must be at least 30 minutes after eating, drinking, or exercising
  - Wait 6 hours after taking medications which can lower your temperature (acetaminophen, ibuprofen, paracetamol, or aspirin)
  - Clean your thermometer with soap and water after each use

- Look for symptoms such as:
  - cough
  - difficulty breathing
  - sore throat
  - runny nose
  - fever

*Keep track of any symptoms they are experiencing

If they do have a fever of 100.4°F, cough, or trouble breathing:

If a child is experiencing a life-threatening emergency, call 911 immediately

- Call your doctor’s office or urgent care facility BEFORE seeking care to discuss their symptoms and self-monitoring information

- Call the Saginaw County Health Department to inform them of your child’s symptoms and that you are monitoring them at (989) 758-3828

COVID-19 SPREADS THROUGH CLOSE CONTACT

Protect the health & safety of others

Practice good health habits while self-monitoring

- Practice the 3W’s (wash your hands, wear a mask, watch your distance)
- If soap and water are unavailable, use a hand sanitizer with at least 60% alcohol
- Avoid close contact with others & do not share cups or eating utensils
- Disinfect high touch surfaces often
- Get plenty of sleep, eat nutritious food, drink plenty of fluids, be physically active, and manage stress

The 3 Ws: How to Best Protect Your Child When Returning to School

- Wash your hands
- Wear a mask (or face shield)
- Watch your distance

Stay home, unless seeking medical care

*Call ahead so they may prepare for your visit