



**H.E.A.L.**  
HEALTH, EDUCATION &  
ATTENDANCE FOR LIFE

# A HEALTH FLYER FOR PARENTS

During COVID-19 Epidemic and Shelter in Place

Below you will find information related to Covid-19, that will assist you in understanding the disease, how it is spread, and how to protect your family. On the back page is information on when to send your child to school and when to keep them at home. The items on the back page that are in blue print refer to distance learning or learning from home.

## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can be spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet to two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread person to person. You can become infected from respiratory droplets when an infected person coughs, sneezes or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes.

## Protect yourself and others from COVID-19

- Stay home as much as possible to avoid close contact with others. Stay 6 feet apart from other people.
- Wear a mask that covers your nose and mouth in public settings.
- Wash your hands and your child's often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer that contains at least 60% alcohol.

## Other things to know

- Make sure your child has a medical home or health care provider so they can receive treatment if necessary.
- Notify school personnel if you or anyone in your household has been told that they have been exposed to a person that is positive for COVID-19 or you or anyone in your household has tested positive for COVID-19.
- Be prepared to get a note from a health care provider when requested by school personnel.

### • For additional information contact:

Affix Contact Information Sticker



The Office of the  
District Attorney,  
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ALAMEDA COUNTY  
PUBLIC HEALTH  
DEPARTMENT



Alameda County Health Care Services Agency

Center for Healthy Schools and Communities

Linking Health and Education to Change Lives and Achieve Equity

## WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The suggestions below are general guidelines for children 5 to 18 years of age.  
Recommendations may be different for infants and younger children.

Items in blue refer to distance learning or learning from home.

Symptoms and Illnesses	Should My Child Go To School?
<b>Parent is Sick, Stressed, Hospitalized</b>	<b>No</b> - If you or a close relative are sick, stressed or hospitalized due to Covid-19 your child cannot come to school. <b>They may still participate in distance learning if possible and are not in need of your assistance.</b>
<b>Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.)</b> Chronic disease is a long-lasting condition that can be controlled but not cured.	<b>YES</b> – Your child should attend school or <b>participate in distance learning.</b>
<b>Child Doesn't Want to go to School</b> Frequent crying, fear, anger, not wanting to socialize, behavior change, stomachache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear)	<b>YES</b> – You should keep your child in school but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her schoolwork or not getting along with others.
<b>Cold Symptoms/Ear Infections</b> Stuffy nose/runny nose, sneezing, mild cough	<b>No</b> - Although these symptoms may be a common cold, they can also be signs of Covid-19. Check with your child's health care provider before sending them to school and report to school personnel any diagnosis. <b>They may still be able to participate in distance learning from home.</b>
<b>Conjunctivitis (Pink Eye)</b> The white of the eye is pink and there is a thick yellow/green discharge.	<b>No</b> –Usually a child can attend school but call a health care provider as this can also be a symptom of Covid-19. Check your school's policy if it is determined to be Pink Eye to see if they can return to school.
<b>Head Lice</b>	<b>YES</b> – Your child can be in school. Check with your school for their policy. <b>They can participate in distance learning from home.</b>
<b>Strains, Sprains and Pains</b>	<b>YES</b> – If there is no known injury and your child can function (walk, talk, eat) he or she should be in school or participate in distance learning. If pain is severe or doesn't stop, consult a health care provider.
<b>Menstrual Issues (periods)</b>	<b>YES</b> – Most of the time menstrual issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a health care provider.
<b>Fever</b> Fever usually means illness, especially if your child has a fever of 100 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	<b>NO</b> – If your child has a fever of 100 or higher, keep them at home until his or her fever is below 100 for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102 or higher, you should consult a health care provider.
<b>Diarrhea</b> Frequent (2 or more), loose or watery stool may mean illness but can also be caused by food and medication	<b>NO</b> – If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody, if the child has abdominal pain, fever or vomiting, you should consult a health care provider.
<b>Vomiting</b> Child has vomited 2 or more times in a 24-hour period	<b>NO</b> – Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider.
<b>Coughing</b> Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing	<b>NO</b> – Keep your child home and contact a health care provider. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school or <b>have them participate in distance learning.</b>
<b>Rash with Fever</b>	<b>NO</b> – If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a health care provider. <b>Distance learning may still be possible.</b>
<b>Strep Throat</b> Sore throat, fever, stomachache, and red, swollen tonsils	<b>NO</b> – Keep your child at home for the first 24 hours after an antibiotic is begun.
<b>Vaccine Preventable Diseases</b> <b>Chicken Pox</b> - fever, headache, stomachache or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face. <b>Measles &amp; Rubella (German Measles)</b> – swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes <b>Mumps</b> – fever, headache, muscle aches, loss of appetite, swollen tender salivary glands <b>Pertussis (Whooping Cough)</b> – many rapid coughs followed by a high-pitched “whoop”, vomiting, very tired	<b>NO</b> – Keep your child at home until a health care provider has determined that your child is not contagious and notify the school immediately. Get a note from your health care provider clearing your child to return to school.



<http://atschool.alcoda.org>

*This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC), American Academy of Pediatrics, Public Health Association and has been reviewed by Alameda County Public Health Department.*