

Get Help

Call for Medical Help if you or your child get more sick or have any questions!

Call 911 if you or your child have:

- Trouble breathing
- Pain or pressure in your chest
- Trouble waking up
- Blue lips or face
- Or any symptom that worries you



Tell the person who answers the 911 call that you think you or your child might have COVID-19.

Get Tested

OptumServe: In-Office Testing

To sign-up visit:

 www.lhi.care/covidtesting

Or call:

 (888) 634-1123

SPREAD FACTS, NOT GERMS

For most current COVID-19 information, visit

schsa.org/corona-virus/testing

stancounty.com/coronavirus

covid.19.ca/gov

cdc.gov/coronavirus

Stanislaus County Warmline

1-209-558-4600 available 24/7

For any additional questions, contact

Stanislaus County Public Health at

209 558-7535



STAY HOME STAY SAFE

In Quarantine



COVID-19 spreads from person-to-person primarily through respiratory droplets produced when a person coughs, sneezes, laughs, or talks. COVID-19 can also be spread by people who do not have symptoms.

Dear parent,

Your child is being sent home to quarantine.

Quarantine began on

DATE _____

Your child may return to school on

DATE _____

Please call your doctor and let the school know if your child develops symptoms.

Why Should My Child Quarantine?

- Your child was exposed to someone with COVID-19.



- It can take 2-14 days to show symptoms.
- Your child can share this virus if they get infected without showing symptoms.

How To Quarantine

- Keep your child at home
- Stay home even if your child tests negative for COVID-19
- Have your child wear a face covering when around other people
- Call your child's health care provider if they get sick
- Tell their health care provider that they are on quarantine
- Keep your child away from people who are 65 years and older or have other health problems
- Don't have visitors
- Do not share personal items such as dishes, towels, and bedding

How To Stay Healthy

Wash your hands often with soap and water OR use hand sanitizer
Wash your hands before you touch your eyes, nose or mouth



Wear a mask when you leave your home

Cover your cough or sneeze with a tissue and throw away the tissue



Stay 6 feet away from everyone

Symptoms of COVID-19



Temperature higher than 100.4 F



Cough



Shortness of breath



Mild, Cold like symptoms



Body aches



Head ache



Loss of taste or smell



Diarrhea



Sore throat



Vomiting



Chills



Runny nose

Talk to Your Child About COVID-19

- Tell them what it is and go over the symptoms
- Explain how it spreads and who it may affect the most
- Talk about what's being done to keep everyone safe
- Avoid placing blame on others
- Remain calm