Safety is everyone's responsibility.

Geisinger

Keep your child — and their friends, family, teachers and others — healthy.

Masking

Why to wear a mask:

- **To protect others.** A mask blocks particles that come out of your nose and mouth. You can carry coronavirus without having any symptoms, so it's important to wear a mask to protect everyone around you.
- **To protect yourself.** Masks help filter the air you breathe in. If someone near you sneezes or coughs, a mask will decrease the amount of respiratory particles you inhale, including viruses. So you have less chance of getting sick.

Social distancing

Staying a safe distance from other people is one of the best ways to keep from spreading or catching COVID-19. Keep at least 6 feet away from other people when you're in a public place.

Handwashing

Coronavirus can live on some surfaces for hours or even days. Wash your hands often, or use hand sanitizer frequently, especially before touching your eyes, nose and mouth.

- Wash your hands often (including the backs and between fingers) with soap and water for at least 20 seconds, especially after you have been in public areas.
- If soap and water aren't available, use hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth, especially if you haven't recently washed your hands.

Safety

geisinger.org/EducationResources

Home screening for COVID-19

Do a symptom screening at home each morning before the school day starts. It's important to keep sick children at home, away from others.

Check daily for any of the following new symptoms:

- Cough
- Shortness of breath
- Fever (defined as 100.4°F/38.0°C or greater)
- Chills or repeated shaking
- Muscle pain
- Headache

- Sore throat
- Loss of taste or smell
- Congestion or runny nose
- Nausea and vomiting
- Diarrhea

If your child has any of these symptoms, keep them home from school and consult their doctor or healthcare provider.

What to do if your child woke up sick or was sent home sick from school

Now even more than ever, sick children need to stay home from school. Discuss with your child's pediatrician or primary care provider when your child can return to school.

- If the physician determines that COVID-19 testing is not needed and clears your child to return, they can return to school with a doctor's note.
- If the physician determines that COVID-19 testing is needed, follow their guidance. Your child can return to school once cleared by a doctor and with a doctor's note.
- If the physician is concerned about COVID-19 and your child is **not** tested, keep them home for 10 days from the start of symptoms. They must also have had no fever or other symptoms for at least 24 hours before returning.

What to do if your child has been exposed to a COVID-positive person

If your child has no symptoms, there is no need to contact your child's doctor.

- Keep your child quarantined until you get further instructions from the health department.
- Follow the Centers for Disease Control (CDC) guidelines for quarantine duration and when your child can return to school. The PA Department of Health may contact you with further instructions and exact duration of quarantine.

The CDC guidelines are available at cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html.

When your child is in quarantine, they should stay home and away from others — especially people who are at higher risk for getting sick from COVID-19 such as the elderly and those with medical conditions.

- Continue to encourage masking, handwashing and social distancing.
- Monitor your child for symptoms daily.

If your child develops symptoms:

- Contact your child's pediatrician or primary care provider for assessment and/or COVID-19 testing. They must provide a doctor's note to return to school.
- Keep them out of school for at least 10 days after their symptoms started. They must also have had no fever or other symptoms for at least 24 hours before returning.