Acute Respiratory Illness Guidance for Parents

What to do if...

Your Child Has Cold, Flu, or COVID-19 Symptoms:

- Children with respiratory virus symptoms should wear a mask, stay home and away from others, and get tested for COVID-19.
- Regardless of your child's test results, they should stay home until they feel better. See our **Symptom Guidance Chart** for help determining when to keep your child home from school.
- Avoid contact with elderly or immunocompromised people while your child is sick.
- Talk to their pediatrician about **treatment options**.

Your Child Tests Positive For COVID-19 & Has Symptoms:

- Your child needs to stay home and away from others while they have symptoms and/or fever.
  - Your child may return to school when they have been fever-free for 24 hours without taking medicine that lowers fever **AND** they either have no symptoms or symptoms are mild and improving.
- Your child needs to wear a well-fitting mask around others for 10 days after symptoms began or the date of the initial positive test.
- Follow all **COVID-19 Community Guidelines**.

Your Child Tests Positive For COVID-19 & Has No Symptoms:

- Your child is not required to stay home from school if they do not have symptoms.
- They need to, however, wear a well-fitting mask in all settings when around others for 10 days after first testing positive.

Your Child Is Exposed To Someone With COVID-19:

- Your child should get tested immediately if they were exposed to COVID-19 and have symptoms. If they do not have symptoms, they should test within 3-5 days after last exposure.
- If they start to feel sick, they should stay home and away from others.
- For more information, please see **COVID-19 Community Guidelines**.

To view this flyer online, scan the QR code:

COUNTY OF LOS ANGELES Public Health

Tools to Keep Our Community Safe

Vaccination

We recommend that students keep up to date on their annual flu and COVID-19 vaccinations. The flu and COVID-19 vaccines should be given each year to give the best protection against circulating strains.

Staying up to date on both vaccinations is a safe and powerful way to help prevent severe illness and hospitalization. Students can get their flu and COVID-19 vaccines at the same time.

For more information about vaccines and how to get vaccinated, visit **publichealth.lacounty.gov/vaccines**.

Testing

We recommend that anyone with respiratory symptoms or who has been exposed to a known case **test for COVID-19**. Students also are encouraged to test prior to returning to school after breaks.

For more testing resources, visit **publichealth.lacounty.gov/COVIDtests** or talk with your health care provider.

Masking

Masks help prevent the spread of COVID-19.
Anyone with a known COVID infection — whether or not they have symptoms — must wear a well-fitting, high-quality respiratory mask around others for 10 days after symptoms begin or first positive test.

Additional Resources

- For additional tools to keep your child safe and healthy, please visit the **LA County Communicable Disease Toolkit for Schools**.
- For information on current COVID-19 guidelines and requirements in Los Angeles County, please visit **LA County's COVID-19 webpage**.
- For help, call the Public Health InfoLine at **1-833-540-0473**, which is available in multiple languages.

COUNTY OF LOS ANGELES
Public Health