



You are being provided with this fact sheet:

- because your child may have been exposed to COVID-19.
- for informational purposes only.

This fact sheet provides general information only. If you have additional questions or are concerned your child might have COVID-19, contact your healthcare provider.

What is COVID-19?

COVID-19 is an illness that is caused by the virus named SARS-CoV2. It can spread easily via droplets and small particles that hang in the air.

Who can get COVID-19?

Anyone can get COVID-19, even if they've had it before. Some groups are at higher risk for getting very sick or developing medical problems, including:

- People over age 50
- People with weakened immune systems
- People with underlying health conditions (such as asthma, diabetes, heart disease, and pregnancy)
- People who are not vaccinated against COVID-19

People in a higher risk group (see above) should contact their healthcare provider if they think they have COVID-19.

What are the symptoms COVID-19?

The symptoms of COVID-19 may include fever (which the Academy of Pediatrics defines as 100.4°F (38°C) or higher), cough, shortness of breath or difficulty breathing, chills, fatigue, muscle pain or body aches, headache, new loss of taste or smell, sore throat, stuffy or runny nose, nausea, vomiting, or diarrhea.

How is COVID-19 spread?

When people who have COVID-19 exhale (for example, when breathing, speaking, singing, exercising, coughing, sneezing) they release droplets and small particles into the air that contain the virus. The smaller particles hang in the air and can stay there for hours (this is called airborne). The droplets, which are larger, usually don't travel more than 6 feet. The virus spreads when a person breathes in the droplets or small particles. This is more likely to happen in crowded indoor spaces that do not have good airflow.

While less common, COVID-19 can also spread by touching an object or surface that has the virus on it and then touching the mouth, eyes, or nose. It can also spread by sharing utensils or cups with someone who has COVID-19. A person can spread COVID-19 even if they do not have symptoms.

What if my child develops COVID-19 symptoms?

If your child has COVID-19 symptoms, they should stay home and get tested for the virus.

How do I test for COVID-19?

Rapid self-tests allow people to test for COVID-19 at home. Follow the package directions. Testing can also be done by a healthcare provider.



What if my child has COVID-19?

Notify your child care provider or preschool immediately if your child has COVID-19. Child care providers must notify families of exposures and report medically or laboratory diagnosed cases to the health department.

How is COVID-19 treated?

Most people with COVID-19 recover on their own. Keep children comfortable, allow them to rest, ensure proper fluid intake to prevent dehydration, and check on them often. A healthcare provider can prescribe medication to treat COVID-19, particularly for people who have severe symptoms or are at risk for developing medical problems.

Infants 3 months or younger with a fever of 100.4°F (38°C) or higher should be seen by their healthcare provider.

Talk with your child's healthcare provider if you have any concerns about your child's symptoms. If your child is showing signs of dehydration (fewer wet diapers or less urine than usual), more tired than normal, dizziness, dry tongue or lips, fewer tears), is breathing fast, is having trouble breathing, or has a severe headache, they need to be seen by a healthcare provider immediately.

How can I help prevent COVID-19 from spreading?

- Stay up to date with the [COVID-19 vaccine](#) (and boosters).
- Stay home and get tested if you have symptoms.
- Universal masking (age appropriate) is recommended during times of outbreak, or when community illness level is considered high.
- Avoid contact with anyone who has COVID-19.
- If you've been exposed to COVID-19, wear a high-quality well-fitting mask for 10 days.
- Wear a mask if you are in a crowded, indoor space.
- Increase airflow indoors by opening windows or using portable HEPA air cleaners.
- Wash hands often, especially after sneezing, coughing, or wiping noses.
- Cover your nose and mouth when coughing or sneezing with your sleeve or elbow.
- Avoid sharing cups, eating utensils, food, and drinks with anyone who has COVID-19.
- If you do test positive for COVID-19 adhere to [Washington State Department of Health recommendations](#) for isolation.

Does My Child Need to Stay Home from Child Care?

If your child HAS COVID-19 or [symptoms of COVID-19](#), keep your child home. Follow [Washington State Department of Health guidance](#) for when your child can return.

If your child has been EXPOSED to COVID-19, please follow your child care program's sickness policy.

All children and staff who were exposed to COVID-19 should:

- Monitor for symptoms for at least 10 days.
- Consider wearing a well-fitted mask (if age appropriate) for 10 days after their last exposure.
- Get tested at least 5 *full days* after their last exposure.

Adapted from materials developed from Public Health—Seattle & King County

This document was printed from the Snohomish County Health Department's website by your child care or school. It is for information only and is not meant as a substitute for consultation with your health care provider. This document was last updated on 12/12/25. This document is not valid after 12/2026.



References:

Centers for Diseases Control & Prevention

[COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html) *Last updated: June 13, 2024*

WA Department of Health

- [What To Do When You Are Sick With COVID-19 or Another Respiratory Virus](#), *Last updated: April 14, 2024*

Child Care Health Program – Public Health Seattle & King County

- Disease Prevention Website- <https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx> *Last updated: December, 2022*

Snohomish County Health Department –

- [COVID Information Page](#)
- [COVID-19 Vaccine Information](#)