



Trinity Heights
Respite Care
for families of children
with special needs

COVID-19 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.
 - Common symptoms include coughing, sneezing, sore throat and fever.
- If your child tests negative for COVID-19 and continues to have symptoms, they should remain at home and away from others and retest in 2 days. Avoid contact with elderly or immunocompromised people while your child is sick. Talk to their pediatrician about treatment.

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

- Your child **MUST** 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 **MUST** wear a well-fitting mask around others for 10 days after symptoms began or the date of the initial positive test.
- It is recommended that your child test negative before returning to school.
- 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 **MUST**, 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.

Tools to Keep Our Community Safe



Vaccination

We recommend that students keep up to date on their COVID-19 vaccinations (that means they have received at least 1 updated COVID-19 vaccine since September 2023).

Getting all the recommended doses will protect your child from serious illness, hospitalization and death caused by COVID-19.

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.

Note: Most at-home tests can be safely used past the expiration date listed on the box. Check the FDA's [At-Home COVID-19 Test page](#) to see if the expiration date of your test kit has been extended.



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.



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Visit our website at _____
www.getrespitcare.org
for more information and resources
on COVID and Vaccines!