

How To Stay Healthy

Wash your hands often with soap and water OR 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

If You Think You Are Sick

Call you or your child's health care provider if sick



Do stay away from people who are 65 years and older or have health problems

Don't have visitors



Don't share personal items such as dishes, towels, and bedding

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 HEALTHY

While Sick



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.

Student Name:

Date Sent Home:

Get Tested

OptumServe: In-Office Testing

To sign-up visit:

 www.lhi.care/covidtesting

Or call:

 (888) 634-1123

Project Baseline by Verily: Drive-Through Testing

To sign-up visit:

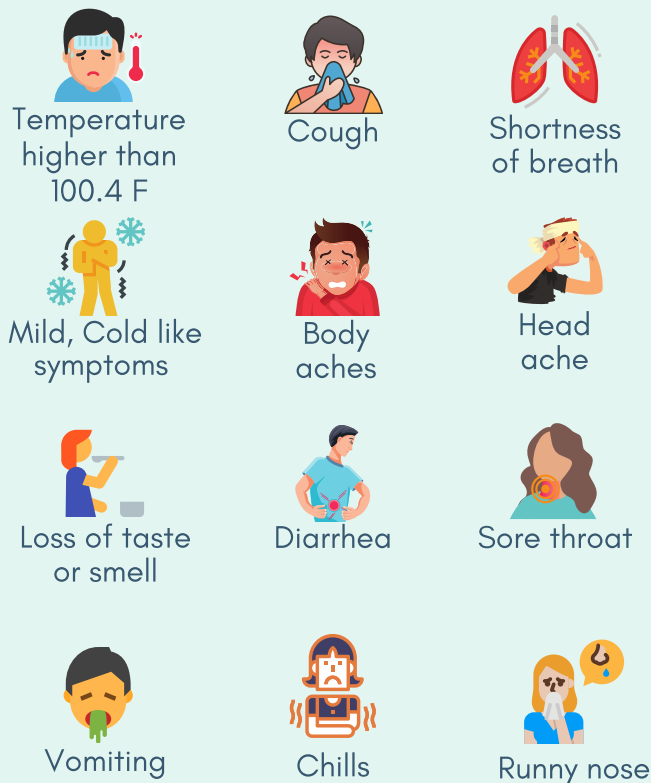
 projectbaseline.com/study/covid-19

For more information visit:

 www.schsa.org/corona-virus/testing

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

Symptoms of COVID-19



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

Your Child Can Return to School

IF your child has a **negative** COVID-19 test, return to school after 3 days of improved symptoms and fever free, without medicine, for 72 hours (below 100.4 F) - **We will need a copy of the lab result before the child can return.**

OR

IF your doctor confirms that it wasn't COVID-19, your child may return to school when they are fever free, without medicine, for 72 hours - **We will need to see a doctors note.**

OR

IF your child has a **positive** COVID-19 test, your child must stay home for 14 days from the day they got sick, or the date of the COVID-19 test if your child does not have symptoms. Your child may return to school when the 14 days have passed, with improved symptoms, and fever free, without medicine, for 72 hours (below 100.4 F) - **Call the school to report a positive COVID-19 test result.**



If you are not able to follow up with your child's doctor or get a COVID-19 test for your child, your child will be required to stay home for 14 days and be fever free for 72 hours before returning.