



## COVID-19 SYMPTOM CHECK GUIDE FOR PARENTS

**DO:** Keep your child home if they are experiencing any symptoms of illness and seek testing if your child is experiencing suspected symptoms of COVID-19 (see below). If you decide not to have your child tested and your child is experiencing suspected COVID symptoms, your child must remain home for 10 days since the symptoms first began and he/she must be fever free for 24 hours and back to their usual health prior to returning to school.

**DON'T:** Dismiss mild symptoms as “just a cold” or allergies! Most children who become infected with COVID-19 do not become severely ill and symptoms in children are usually mild or they remain asymptomatic. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/symptoms.html>

**If your child has the following symptoms, it should be suspected that they have COVID-19 until proven otherwise with a negative test result:**

<p><b>Any ONE symptom:</b></p>	<ul style="list-style-type: none"> <li>● <b>Cough (new or unexplained)</b></li> <li>● <b>Shortness of breath or difficulty breathing</b></li> <li>● <b>New loss of taste or smell</b> (ask your child to frequently smell familiar scents to screen for loss of smell- loss of smell may occur with or without loss of taste)</li> </ul>
<p><b>OR</b> <b>Any TWO symptoms</b></p> <p><small>Resource: Montana Outbreak Response Protocols: K-12 <a href="https://covid19.mt.gov/docs/Outbreak%20Response%20Protocols%20K-12.pdf">https://covid19.mt.gov/docs/Outbreak%20Response%20Protocols%20K-12.pdf</a></small></p>	<ul style="list-style-type: none"> <li>● <b>Temperature greater than or equal to 100.4 or chills</b></li> <li>● <b>Muscle or body aches</b></li> <li>● <b>Headache</b></li> <li>● <b>Sore throat</b></li> <li>● <b>Nausea or vomiting</b></li> <li>● <b>Diarrhea</b></li> <li>● <b>Fatigue</b></li> <li>● <b>Congestion or runny nose (new or unexplained)</b></li> </ul>

**\*If your child tests positive for COVID-19, please notify the deputized health officer (principal/administrator or nurse) at your child’s school ASAP so that contact tracing can be performed in a timely manner within the school setting.**

### COVID-19 TESTING RESOURCES IN YELLOWSTONE COUNTY

COVID-19 testing is available through Billings Clinic, Children’s Clinic, St. Vincent Healthcare, and Riverstone Health. Please contact any of these organizations or your healthcare provider office for more information. Free drive-through testing is available at the Riverstone Health Community testing center located at 2173 Overland Ave in the United Way facility (open Monday through Friday from 8:30 a.m. to 12:30 p.m or until the daily allotment of tests have been used).