

Saratoga County Public Health Services
Self-Quarantine Protocol for 2020-Novel Coronavirus (COVID-19)

The DOH is requiring that you please quarantine your child until you hear from the COVID contact tracers who will officially place your child in mandatory quarantine. The quarantine will end on [THIS DATE].

1. Your child should remain at your home for the duration of the quarantine period.
- 2 Your child should not attend work or school outside your home. They cannot visit enclosed public spaces (grocery stores, drugstores, department stores, shopping malls, theaters, religious services, community centers) or attend any social gatherings.
3. Non-household members/visitors are not permitted in your living quarters.
4. Your child should stay in a separate area of the house during the quarantine period, and use a separate bathroom if available. Have someone prepare meals and bring them to your living quarters. Do not share common household items, i.e., linens, dishes, utensils, etc. Limit your time in the common household area such as bathrooms and kitchens, maintain a >6 foot distance from household members, and wear a mask when outside quarantine space.
5. Clean and disinfect commonly touched areas frequently (see the document - *How to Clean and Disinfect Your Home To Help Slow the Spread of Germs*)
6. Your child can walk outside your house on your own property, but they should not come within six feet of neighbors or other members of the public. If you are living in a multiple dwelling, avoid using common stairways or elevators to access the outside. Likewise, they need to refrain from walking in your neighborhood.
7. Inform all household members of your child's quarantine status.
8. Please monitor your child for symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever of $\geq 100.4^{\circ}\text{F}$ / $\geq 38.0^{\circ}\text{C}$ (or feel feverish) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. If your child has mild to moderate symptoms, stay home. Drink plenty of fluids and rest. Walk around the house frequently. Do not take your child out of the home except to get essential medical care (including testing for COVID-19). If you or your child develop any symptoms of COVID-19 infection, call your medical provider or if you don't have a provider, call the COVID Hotline (518)885-2276.

9. Most people with COVID-19 have mild to moderate symptoms and recover on their own. Less commonly, COVID-19 may lead to pneumonia, other severe complications, hospitalization, or death.

If you, or any household member, experiences a life-threatening condition, call 911 and notify the caller that a person in the living quarters is under self-quarantine for COVID-19 so that responders can take proper precautions.

Emergency warning signs* for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

10. If your child becomes symptomatic or ill, or test positive for COVID-19, those persons staying with your child in your living quarters may be subject to mandatory quarantine and you may be subject to isolation.

11. If a child is placed on mandatory quarantine for COVID-19, but their parent(s) or guardian(s) are not, one of the child's parents or guardians should consider self-quarantining themselves with the child. Doing so will ensure that quarantined children are not unnecessarily separated from their caregivers for any length of period.

12. Notify the COVID Hotline of any needed care or services such as food, supplies, medicine, or other supports that you require by calling 518-885-2276.

13. You, or your legal guardian, may contact the COVID Hotline 518-885-2276 for any questions or concerns with this protocol. Please contact the number above.