

If your child has COVID-19, they can spread the virus to others. There are precautions you should take to help prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick. Regardless of vaccination status, your child should isolate from others when testing positive for COVID-19. Your child should also isolate if they are sick and you suspect they have COVID-19 but do not yet have test results.



If you test
NEGATIVE
You can end your isolation



If you test
POSITIVE
Follow the recommendations below

Positive Test with NO Symptoms:

- Day 0 is the day they were tested (not the day you received their positive test result)
- Day 1 is the first full day following the day they were tested
- They may end isolation after day 5 but **should mask until the conclusion of 10 days**
- If your child develops symptoms within 10 days of when they were tested, the clock restarts at day 0 on the day of symptom onset.

Positive Test with Symptoms:

- Day 0 of isolation is the day symptoms begin, regardless of when they tested positive
- Day 1 is the first full day after the day their symptoms started

+ test with NO symptoms OR improving symptoms



Symptom Improvement



If symptoms are improving, your child may end isolation after day 5 if:

- They are fever-free for 24 hours (without the use of fever-reducing medication).

If symptoms are not improving, isolate until:

- Your child is fever-free for 24 hours (without the use of fever-reducing medication).
- Your child's symptoms are improving.

Illness Severity



If your child had symptoms and had MODERATE ILLNESS (they experienced shortness of breath or had difficulty breathing), your child needs to isolate through **day 10**.

If your child had symptoms and had SEVERE ILLNESS (your child was hospitalized or has a weakened immune system), they need to isolate at least through **day 10**. Consult your child's provider before ending isolation.

Guidelines for Isolation



If your child tests positive for COVID-19, they should stay home for at least 5 days and isolate from others in your home as much as possible. They are likely most infectious during these first 5 days. Don't share personal household items, like cups, towels, and utensils. Monitor their symptoms. If they have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

Masking Guidance



After your child ends isolation, when they are feeling better (no fever without the use of fever-reducing medications and symptoms improving), they should wear a mask through day 10. **If your child is unable to safely mask for days 6-10, they should continue isolation until day 10.**

Note: Masks should not be worn by children younger than 2 years old.

SC DHEC School Guidelines: If you have a Positive Test Result with Symptoms: Isolate for 5 days after symptoms began. Return to school if symptoms are better but wear a mask for days 6-10. If you have a Positive Test without Symptoms: Stay home for 5 days after the test is performed. Return to school but must wear a mask for days 6-10.

Exposure Guidelines: Wear a mask as soon as you find out you were exposed. Day 0 is your last day of exposure. Continue masking precautions for 10 full days. You can still develop COVID-19 up to 10 days after you have been exposed. Watch for symptoms such as fever (100.4 or greater), cough, or shortness of breath. If you develop symptoms isolate immediately and get tested. Even if you do NOT have symptoms, you should test at least 5 full days after your last exposure.

Sports clearance after COVID-19: Anyone who has COVID should be screened for serious cardiac complications before returning to sports. A follow-up appointment for screening should be scheduled 10 days after positive test. If you receive a positive result, call our office to schedule.

MIS-C is a rare but serious complication of COVID-19 that can occur in children. Anyone under the age of 21 who develops fever lasting for 2 or more days within 2 months after having COVID-19 or having close exposure to COVID-19 should be evaluated by a healthcare provider. Other symptoms that sometimes occur with MIS-C include abdominal pain, diarrhea, vomiting, rash, bloodshot eyes, dry cracked lips, swollen lymph nodes, red or swollen hands and feet, mouth lesions, swollen tongue, fatigue, trouble breathing, neck pain, chest pain.

If you have questions, we are here to help. Call our office at **864-272-0388**. Our triage line is available 24/7 for medical questions or concerns. If you have questions about quarantine duration or testing for family members, call during weekday business hours or go on our website (www.parksidepediatrics.com) for our convenient live chat option. If you are having difficulty breathing or other life-threatening symptoms, call 911 immediately.

Scan this code with your phone to use the CDC Isolation and Exposure Calculator!



Healow App and Web Portal Access Instructions

Go to www.parksidepediatrics.com and click the **PATIENT PORTAL** link at the top right hand corner. Log in using the username provided to you by our office and the password you created.

ONLINE



Get access directly on your phone through the secure **HEALOW APP**. Available in the **App Store** and **Google Play**. After downloading, log in using the same username and password used for the Patient Portal.

MOBILE



If you do not remember your username or password, click 'Trouble Logging In' and follow the instructions.

Still having trouble logging in?
We are here to help! Just give us a call during normal business hours. **864-272-0388**

HELP



PRACTICE CODE: IGCCDA

This code is for "TRIBE 513" which represents all of our practices.
Use when prompted.

