Dear parent or guardian:

Your child recently may have been exposed to **COVID-19**. COVID-19 is a viral respiratory disease. Children with COVID-19 should stay home until:

* They have not had a fever for at least 24 hours without using fever-reducing medicine.
* Their symptoms are improving.

# Symptoms

Symptoms in children are often mild and may include:

* Fever or chills.
* Cough.
* Shortness of breath.
* Muscle or body aches.
* Loss of taste or smell.
* Runny nose.
* Nausea, vomiting, or diarrhea.

# Spread

COVID-19 easily spreads through the air by coughing or sneezing. Surfaces and hands contaminated with mucus or saliva may also spread the disease.

# Diagnosis and treatment

Most people with a mild illness don’t need any specific treatment. They get better with rest, fluids, and fever-reducing medicine.

Children at high risk for severe COVID-19 can get medicine, like antiviral drugs, to keep them from getting very sick and needing hospital care.

# Prevention

Everyone 6 months or older should stay up –to date on COVID-19 vaccine. Vaccines for children are free in Washington. Contact your child’s healthcare provider or find a free vaccine location at **(((Local Health Department website)))**.

Other ways to prevent the spread of COVID-19 include:

* Wash your hands frequently and thoroughly with soap and warm water. Antibacterial soap is not necessary.
* Teach children to cover coughs and sneezes with a tissue or their elbow.
* Throw away tissues after each use.
* Wash your hands after using a tissue.
* Avoid touching your eyes, mouth, and nose.

# Learn more

For more info, contact a healthcare provider.