HELPING LEXINGTON LEARN ABOUT
COVID-19
(Novel Coronavirus)
For more information visit us at www.lfchd.org
or email your questions to
COVID19@lfchd.org

LEXINGTON-FAYETTE COUNTY
HEALTH DEPARTMENT

COVID-19 Contact Notification Statement for Children

Your child has been exposed to another person who has tested positive for novel coronavirus disease 2019 ("COVID-19"). This exposure took place during the time the person was known to be contagious. Children who are infected with COVID-19 typically experience minor symptoms, or may be completely asymptomatic. However, even if your child does not have symptoms, he or she may be able to spread the virus to others.

Please take the following action:

a. Your child should self-quarantine—stay home from childcare/daycare, school, camp, sports activities, and other public places for at least 14 days from the last day of exposure.

b. As much as possible, keep your child at least 6 feet away from other people in your home. This is particularly important if someone in your home is high risk for severe illness: adults over the age of 65 years, those with chronic diseases, and those with lowered immune systems.
https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html

c. Avoid sharing personal items with your child in your household, like dishes, towels, and bedding.

d. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs.

e. Use regular household cleaning sprays or wipes according to the label instructions.

f. Unless others in your household have also been exposed to COVID-19, they do not need to quarantine.

g. If your child has a critical medical appointment that cannot be conducted virtually, call the healthcare provider ahead of time and tell them that your child has been exposed to someone with COVID-19.

h. Monitor your child for symptoms carefully. If he or she develops any new symptoms of COVID-19 contact your child's healthcare provider and consider getting him or her tested for COVID-19.
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

i. Consider getting your child tested for COVID-19 even if he or she does not have symptoms. The incubation period for COVID-19 is 2-14 days, therefore a negative test for COVID-19 before the end of the 14-day quarantine period does not rule out possible infection and does not shorten the quarantine period.

j. If your child does not develop symptoms within the 14-day quarantine period, he or she may return to childcare, school, and other activities. A negative test for COVID-19 is not required.

k. You child should wash his or her hands often with soap and water for at least 20 seconds or clean his or her hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

l. For additional information regarding COVID-19 and children, please call the Lexington-Fayette County Health Department Child Care Health Consultation Helpline: (877) 281-5277. For general questions about COVID-19, contact the Lexington-Fayette County Health Department at (859) 899-2222.

m. ***For medical emergencies, call 911 and notify the dispatch personnel that your child has had exposure to COVID-19.**

For any additional questions about your child's care, contact your child's healthcare provider.

7/20/2020