

# If your child is exposed to COVID-19

Updated 8/25/2022

Your child doesn't need to quarantine at home. However, your child still needs to take precautions to protect other people:

- Wear a [well-fitting mask](#) for 10 days after your exposure when around other people or in public, including at school and during extracurricular activities.
- Get tested 5 full days after your child was exposed to COVID-19.
- Watch for symptoms of COVID-19. If your child gets sick, he or she should stay home, follow isolation guidelines, and get tested.

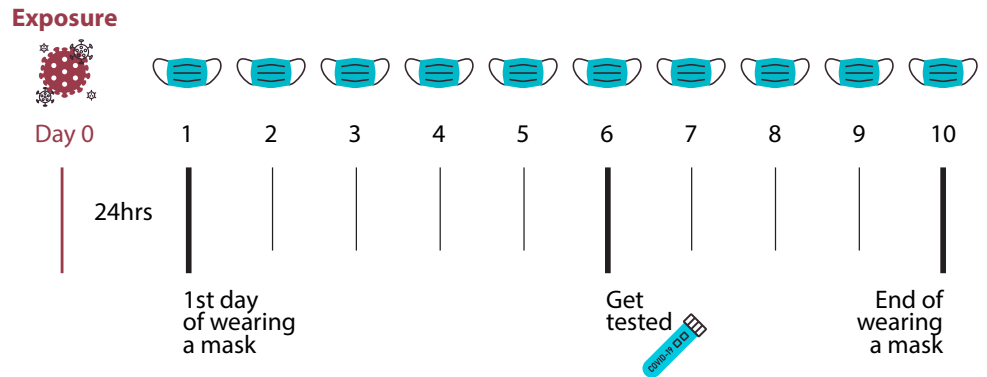


Image courtesy of Salt Lake County Health Department

**While not required, we recommend your child get tested after their exposure.**

**Wait 5 full days after the exposure to get your child tested.** This lets enough of the virus build up to be detected by the tests. Your child may need to get tested more than one time, depending on the type of test and if he or she had symptoms at that time.



Do not get tested after an exposure if it's been **less than 90 days** (about 3 months) since you first tested positive for COVID-19, as long as you don't have new or worsening symptoms. However, if you have new or worsening symptoms or it's been **more than 90 days** since you tested positive, you should get tested again.

**Keep your child home if he or she is sick, even if his or her [symptoms](#) are mild.** Your child must stay at home and follow [isolation](#) guidelines if he or she tests positive, even if he or she has been vaccinated or has had COVID-19 before.



**Fever**

(temperature of 100.4°F or 38°C or higher or feeling feverish)



**Cough**



**Shortness of breath**



**Decrease in sense of smell or taste**



**Sore throat**



**Muscle aches and pains**