

# COVID-19 PARENT RESOURCE

\*Guidance is subject to change according to CDC and NCDHHS. Updates will be provided via the CCS website.

<https://covid19.ncdhhs.gov/strong-schools-nc-public-health-toolkit/>



## COVID-19 Symptoms:

- New cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Fever or chills
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Headache
- Fatigue
- Nausea or vomiting
- Diarrhea



## Q: When should my child stay home?

- ◆ They have one or more symptoms listed here.
- ◆ The child or another household member is COVID-19 positive.
- ◆ They have been identified as a close contact\* to someone with COVID-19 within the last 14 days.

In any situation, you should speak with someone from your child's school. They will provide a date for when your child should return to school.

## Q: What is a close contact?

A: Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before symptoms began (or, for asymptomatic individuals, 2 days prior to test specimen collection date) until the time the individual is isolated.

\*\*You will be contacted by someone at your child's school, if your child is considered a close contact\*\*

## Q: What is quarantine and how is it applied?

A: CDC continues to recommend quarantine for 14 days after last exposure. However, as of December 2, 2020, the CDC has offered options to reduce the duration of quarantine in either of the following two scenarios:

- ⇒ 10 days of quarantine have been completed and no symptoms have been reported during daily at home monitoring;
- ⇒ 7 days of quarantine have been completed, no symptoms have been

reported during daily at home monitoring, and the individual has received results of a negative antigen or PCR/ molecular test on a test taken no earlier than day 5 of quarantine.

NOTE: If quarantine is discontinued before day 14, the individual should continue to monitor symptoms and strictly adhere to all non-pharmaceutical interventions (e.g., wear a mask, practice physical distancing) through 14 days after the date of last exposure.

## Q: Is there any way to shorten quarantine time?

A: Yes, in some cases.

- Students who are fully vaccinated and do not have symptoms do NOT need to quarantine after a close contact. Individuals should get tested 3-5 days after exposure and wear a mask around others until receiving a negative test result. Please verify results with the school health team.
- Students who are not fully vaccinated after a close contact in a classroom or other school setting if masks were being worn appropriately and consistently by both the person with COVID-19 and the potentially exposed person do NOT need to quarantine.
- Individuals who have tested positive for COVID-19 within the past 3 months and recovered and do not have symptoms do NOT have to quarantine. Please verify with the school health team.
- Individuals who are not fully vaccinated and have tested antibody positive within 3 months before or immediately following a close contact may not need to quarantine. Please verify with the school health team.

## Q: Are at-home tests accepted?

A: Yes, in most cases.

If an individual has no symptoms at-home test results are accepted. (positive and negative).

If an individual is symptomatic (symptoms listed above) negative at-home test results require a follow-up PCR COVID-19 test.

## Available Testing Locations

Cleveland County Health Department:  
980-484-5100

Kintegra Family Medicine Kings Mountain:  
704-710-1077

Kintegra Family Medicine Boiling Springs:  
704-818-9200

Atrium Urgent Care—Shelby: 704-468-8888

CVS in Boiling Springs and Kings Mountain:  
<https://www.cvs.com/minuteclinic/covid-assessment>

NextCare Urgent Care—Shelby: 704-481-0555

Wal-Mart Pharmacy in Kings Mountain  
Schedule appointments online:  
[www.questcovidtest.com](http://www.questcovidtest.com)

Prescriptions Plus—Kings Mountain:  
704-739-4519

Many doctor's offices are now providing COVID-19 testing. Check with your primary care provider to see if COVID-19 testing is available.

## Available Antibody Resources

CVS Minute Clinic

[www.cvs.com/minuteclinic](http://www.cvs.com/minuteclinic)