



Public Health Self-Quarantine for Exposure to Novel Coronavirus (COVID-19)

10/28/2020

Attention Parent/Guardian:

Tri-County Health Department (“TCHD”), the Public Health Agency for the Counties of Adams, Arapahoe and Douglas, Colorado, is consulting with **Early College of Arvada** to investigate and manage an individual with COVID-19 who is associated with the school.

Early College of Arvada has done an assessment and determined that your child meets criteria of being exposed to this individual based on Colorado school COVID-19 guidelines. Out of an abundance of caution, TCHD and **Early College of Arvada** request that you enter into quarantine at this time. Please follow the instructions below.

Monitor your child for illness through 11/11/2020

COVID-19 illness may include any of the following new symptoms:

- Fever
- Loss of taste or smell
- Cough
- Shortness of breath
- Sore throat
- Runny nose or congestion
- Body aches
- Extreme tiredness
- Headache
- Nausea or vomiting
- Diarrhea

Please monitor your child for symptoms of COVID-19. Take their temperature daily with a thermometer, and any other time they feel feverish. If they are taking any fever-reducing medicine (such as acetaminophen or ibuprofen), then take their temperature just before their next dose.

Restrictions on your child participating in public activities through 11/11/2020

- Do not go to school and do not attend childcare.
- Do not participate in gatherings of large numbers of people (more than 10 people) and do not go to public places such as shopping centers, movie theatres, sporting events, or other similar public places.
- Do not travel by airplane, ship, long-distance bus, or train.
- Do not use public transportation, such as light rail, bus, taxi, or ride-share services.
- If your child does not have fever or respiratory symptoms, they may participate in limited outdoor activities (e.g. take a walk) as long as they maintain a minimum six foot distance from any other individual.
- Do not participate in any type of sports or extracurricular activity.

If your child does not experience any symptoms of COVID-19 OR your child has not tested positive during their quarantine period, they may resume normal activities on **11/12/2020**.

If your child develops symptoms while in quarantine, they must stay home and remain in isolation.

Some people who are placed in a 14-day quarantine after an exposure will develop COVID-19 symptoms and they should be promptly evaluated and tested to confirm the diagnosis.

Stay at home and isolated from other people until

- At least 10 days have passed since symptoms first appeared
AND
- Fever has resolved for at least 24 hours without the use of fever reducing medication (such as acetaminophen or ibuprofen)
AND
- Symptoms have greatly improved for at least 24 hours.

If you are concerned about the severity of your child's symptoms, then consult your health care provider. Contact the provider first before seeking medical care in person. If their condition requires calling 911, you must also inform the 911 operator that your child had a potential exposure to COVID-19 and now has symptoms. Discussions for COVID-19 testing should be made with your health care provider. **Neither Early College of Aravada** nor TCHD is arranging for testing.

Get tested even if your child does not develop symptoms during quarantine

Most people who are placed in quarantine will not develop symptoms during the 14 day period. However, some asymptomatic people will have been infected by the virus after their exposure. The only way to identify those infections is to get tested.

TCHD recommends getting tested about 5-7 days into your child's quarantine even if they do not have symptoms. **The purpose of testing during quarantine is to identify positives, indicating your child is infected with COVID-19.** Anyone who tests positive for COVID-19 (by a PCR or antigen test) is contagious and can spread the virus to others. That means your household members or other close contacts are at risk for getting infected and otherwise would never have known unless the test was done. That is why public health recommends testing during quarantine.

Also, please know that a negative test result does not mean that your child will not develop symptoms or become infected after the test. A negative test result only means that your child did not have virus detected at the time of testing. A negative test does not release an individual early from quarantine.

If you have questions regarding these quarantine requirements, please contact York International.

If you live in Adams, Arapahoe or Douglas Counties, Colorado, general information about COVID-19 is available from Tri-County Health Department at 303-220-9200 option 2, option 1 (available Monday – Friday 8am-5pm) or on our website www.tchd.org. If you live elsewhere, please contact your local public health agency.



Cuarentena de Salud Pública para el Nuevo coronavirus Novel (COVID-19)

Octubre 28, 2020

Atención Cuidador(a):

El Departamento de Salud de Tri-County ("TCHD"), la Agencia de Salud Pública para los condados de Adams, Arapahoe y Douglas, Colorado, está trabajando con la **Early College of Arvada** para investigar a una persona con síntomas similares a los de COVID-19. TCHD y la escuela intermedia de **Early College of Arvada** han determinado que su hijo puede haber estado expuesto a esta persona. Para tener cuidado, Pedimos que su hijo se ponga en cuarentena en este momento. Si las recomendaciones cambian, nos comunicaremos contigo con información actualizada. Por favor, siga las siguientes instrucciones.

Controle a su hijo para la enfermedad hasta 11/11/2020.

Los síntomas de COVID incluyen el desarrollo de un nuevo:

- Fiebre o escalofríos
- Pérdida reciente del gusto o del olfato
- Tos, falta de aire, o dificultad para respirar.
- Otros síntomas que pueden indicar una infección temprana incluyen dolores en el cuerpo o los músculos, la fatiga, dolor de cabeza, dolor de garganta, náuseas / vómitos, diarrea, secreción nasal, congestión del pecho.

Tome la temperatura de su hijo todos los días con un termómetro y en cualquier otro momento en que sienta fiebre. Si su hijo está tomando algún medicamento para bajar la fiebre (como acetaminofén o ibuprofeno), tómele la temperatura justo antes de la siguiente dosis. Si le preocupa la gravedad de sus síntomas, comuníquese con su médico.

Restricciones de actividad pública hasta 11/11/2020.

- No asista a la escuela y no asista a la guardería, incluidas las actividades extracurriculares.
- No participa en reuniones de gran cantidad de personas (más de 10 personas) y no vaya a lugares públicos como centros comerciales, cines, eventos deportivos u otros lugares públicos similares.
- No viaje en avión, barco, autobús de larga distancia o tren.
- No utilice el transporte público, como tren ligero, autobús, taxi o servicios de viajes compartidos.
- Si su hijo no tiene fiebre ni síntomas respiratorios, puede participar en actividades limitadas al aire libre (por ejemplo, dar un paseo) siempre que se mantenga a una distancia mínima de seis pies de cualquier otra persona.

Si su hijo presenta síntomas mientras está en cuarentena, debe quedarse en casa aislado.

Quédese en casa y aislado de otras personas hasta:

- La fiebre se ha resuelto durante al menos 24 horas sin el uso de medicamentos para reducir la fiebre (como acetaminofén o ibuprofeno), **Y**
- Los síntomas han mejorado mucho durante al menos 24 horas, **Y**
- Han pasado al menos 10 días desde que aparecieron los primeros síntomas.

Si le preocupa la gravedad de los síntomas de su hijo, consulte a un proveedor de atención médica. Comuníquese con el proveedor antes de buscar atención médica en persona. Si la condición de su hijo requiere llamar al 911, también debe informar al operador del 911 que su hijo tuvo una posible exposición al COVID-19 y ahora tiene síntomas. Las conversaciones sobre las pruebas de COVID-19 deben realizarse con el proveedor de atención médica de su hijo. TCHD no organiza pruebas en la mayoría de las circunstancias.

Si opta por hacerle la prueba de COVID-19 a su hijo sin síntomas, hágalo entre 7 y 10 días después de la posible exposición. Tenga en cuenta que un resultado negativo de la prueba no significa que no desarrollará síntomas ni se infectará después de la prueba. Un resultado negativo de la prueba solo significa que no se detectó el virus en el momento de la prueba. Una prueba negativa no libera a una persona de la cuarentena.

Si tiene preguntas sobre estos requisitos, comuníquese con su departamento de salud pública local. Si no puede comunicarse con nadie en su departamento de salud pública local, puede comunicarse con el Departamento de Pública y Medio Ambiente de Colorado en 303-692-2700 (horas de trabajo) o 303-370-9395 (noche).