



Your child tested positive for COVID-19 (Coronavirus Disease 2019), a mild to severe respiratory illness with symptoms like a fever, cough and shortness of breath. Your child's medical team has determined that your child is ready to go home from the hospital. This sheet describes important steps to take at home.

### What symptoms should I watch for at home?

**Keep track of your child's symptoms**, including:

- High temperature/fever
- Cough
- Sore throat
- Shortness of breath or breathing problems
- Chills
- Muscle or body aches
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

**If these symptoms get worse**, call your child's pediatrician. If it is an emergency, call 911 or your local emergency services number.

- **Let your child's primary health provider know** that your child has been discharged (sent home) from Boston Children's and has tested positive for COVID-19.

### When should I call my child's provider?

Call if your child:

- Has a fever higher than 100.4°F/ 38°C
- Won't drink
- Has ear pain or fluid coming out of their ear
- Has a runny or stuffy nose for 2 weeks or longer
- Has a bad cough or chest pain
- Has a persistent headache
- Has diarrhea
- Is getting sicker

### When should I take my child to the emergency room?

Go to the Emergency Room if your child:

- Appears dehydrated: signs include dizziness, drowsiness, a dry or sticky mouth, sunken eyes, crying with few or no tears, or peeing less often (or having fewer wet diapers)
- Unable to drink or talk
- Has trouble breathing, is breathing fast, or looks blue around the lips.

### Why might someone from the health department contact me?

- A representative from the MA Department of Health or your local town or city's board of health may be in touch with you **to talk about contact tracing** — the process of identifying people who may have come in contact with your child.
- **Please be sure to answer any calls from your local board of health. If you don't hear from anyone, please reach out to your primary care provider.**

### How can I help my child feel better at home?

- **Have your child rest, eat healthful food and drink plenty of water.**
- **Use fever-lowering medications** (as directed on the label or by your pediatrician), as needed if your child has a fever.
- **Take your child's temperature by mouth** with a digital thermometer at least 2 times a day, at least 4 hours after giving medicine. Call your pediatrician if it's over 100.4°F/38°C.

### Stay at home and away from others until isolation and/or quarantine is over

- **Self-isolate:** Your child should stay home and away from others to lower the chance of spreading the illness.
- **All household members should also stay home** (see table on next page) and quarantine for a certain amount of time even after your child meets the criteria for stopping home isolation. You can call 2-1-1 or visit the MA Department of Health website for the most up-to-date information.
- **Keep your child in 1 room of the house:** Your child should stay in 1 room or be at least 6 feet (2 meters) away from other people and pets. If they can, your child should wear a mask around others for 10 days after their symptoms start (if symptomatic) or after they test positive (if they don't have symptoms).
- **Use a delivery or pick-up service for groceries**, or ask friends or family members to drop off groceries and supplies. Have them leave them outside to avoid direct contact.
- **Avoid visitors and public places:** We don't recommend going to activities or gatherings outside your home, like school, church/mosques, grocery stores or restaurants. We don't recommend playdates or visitors.
- **If caregivers must come into your home for your child's care, let them know that your child has COVID-19.** Caregivers should wear personal protective equipment, like gloves, eye protection and face masks.

<p><b>Exposed household member is up-to-date* on the COVID -19 vaccine**</b></p> <p><b>AND</b></p> <p><b>they are ABLE TO wear a mask around others</b></p>	<ul style="list-style-type: none"> <li>Exposed household member doesn't need to quarantine</li> <li>You and others in your house should wear a mask around others for 10 days◇ after your child with COVID-19 stops home isolation</li> <li>Exposed household member should take a COVID-19 test on day 5◇ after your COVID-19 positive child stops home isolation. If the test is positive, they should stay home and speak to their primary care provider.</li> </ul> <p><b><i>If the exposed household member develops symptoms, they should get a test and stay home.</i></b></p>
<p><b>Exposed household member is up-to-date* on the COVID-19 vaccine**</b></p> <p><b>AND</b></p> <p><b>they are UNABLE to wear a mask around others</b></p>	<ul style="list-style-type: none"> <li>Exposed household member should stay home for 10 days◇ after your COVID-19 positive child ends home isolation</li> <li>When possible, exposed household member should wear a mask around others for 10 days◇ after your COVID-19 positive child ends home isolation</li> <li>Exposed household member can leave the home before day 10◇ if they have a negative COVID-19 test that was taken at least 5 days◇ after your COVID-19 positive child ends home isolation. If the test is positive, they should stay home and speak to their primary care provider. If they don't have a negative test, they must stay home the full 10 days◇.</li> </ul> <p><b><i>If the exposed household member develops symptoms, they should get a test and stay home.</i></b></p>
<p><b>Exposed household member is NOT up-to-date* on the COVID-19 vaccine or are unvaccinated</b></p> <p><b>AND</b></p> <p><b>they are ABLE TO wear a mask around others</b></p>	<ul style="list-style-type: none"> <li>Exposed household member should stay home for 5 days◇ after your COVID-19 positive child ends home isolation</li> <li>Exposed household member should wear a mask around others for 10 days◇ after your COVID-19 positive child ends home isolation</li> <li>After 5 days, they may leave the house, but must continue to wear a mask around others for another 5 days (10 days total) ◇.</li> <li>Exposed household member should take a COVID-19 test at least 5 days◇ after your COVID-19 positive child ends home isolation. If the test is positive, they should stay home and speak to their primary care provider.</li> </ul> <p><b><i>If the exposed household member develops symptoms, they should get a test and stay home.</i></b></p>
<p><b>Exposed household member is NOT up-to-date* on the vaccine or is unvaccinated</b></p> <p><b>AND</b></p> <p><b>they are UNABLE to wear a mask around others</b></p>	<ul style="list-style-type: none"> <li>Exposed household member should stay home for 10 days◇ after your COVID-19 positive child ends home isolation</li> <li>If possible, the exposed household member should wear a mask around others for 10 days◇ after your COVID-19 positive child ends home isolation</li> <li>Exposed household member can leave the home before day 10◇ if they have a negative COVID-19 test that was taken at least 5 days◇ after your COVID-19 positive child ended home isolation. If the test is positive, they should stay home and speak to their primary care provider. If they don't have a negative test, they must stay home the full 10 days◇.</li> </ul> <p><b><i>If the exposed household member develops symptoms, they should get a test and stay home.</i></b></p>

\* Up-to-date per MA DPH means:

- Completed the primary series of Pfizer, Moderna or J&J vaccine AND a booster dose OR
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR
- Completed the primary series of J&J vaccine within the last 2 months

\*\* If the exposed household member had COVID-19 in the last 90 days, follow the recommendations for people who are up-to-date on vaccinations. However, the Massachusetts Department of Public Health doesn't recommend that they take a COVID-19 test unless they have symptoms. If they do have symptoms, a rapid antigen test is recommended.

◇When counting days to quarantine, Day 0 is the date your COVID-19 positive child ends home isolation.

These timeframes may be different from those applied during your child's hospital admission.

## When can we stop home isolation?

If your child is **ABLE** to wear a mask around others, they can leave home when these 3 things have happened:

- They have had no fever for at least 24 hours without using medicine that lowers fevers  
**and**
- Other symptoms have improved, such as cough or shortness of breath  
**and**
- It's been at least 5 full days since symptoms first appeared or their first positive test for those who never had symptoms (the date symptoms start/ positive test is Day 0). Your child should not participate in activities that do not allow mask wearing for another 5 full days.

*\*In some cases, for people with severe illness or immune system problems, 20 days need to pass since symptoms first appeared.*

**Testing before stopping isolation is not required by the MA Department of Public Health at this time. However, if you decide you want your child to take a test, a home antigen test is the best approach.** If you have access to and decide to take a home antigen test:

- Don't give the test until the end of your child's isolation period. Make sure that their symptoms have improved and that they have had no fevers for at least 24 hours without using medicine that reduces fevers.
- If your child's test is **positive**, they should stay home for 10 full days after their symptoms started or they had their positive test for those who never had symptoms (The date symptoms start/positive test is Day 0.)
- If your child's test is **negative** they can end isolation after 5 full days, but they must continue to wear a well-fitting mask around others (at home and in public) until 10 full days after their symptoms started or they had their positive test for those who never had symptoms (The date symptoms start/positive test is Day 0.)

**After stopping home isolation**, they should continue to do these things until 10 full days after their symptoms started or they had their positive test for those who never had symptoms (The date symptoms start/positive test is Day 0.):

- Wear a well-fitting mask around others (at home and in public)
- Avoid contact with people who are immunocompromised or could have severe disease, like people in nursing homes
- Avoid travel

If your child is **UNABLE** to wear a mask around others, they can leave home when these 3 things have happened:

- They have had no fever for at least 24 hours without using medicine that reduces fevers  
**and**
- Other symptoms have improved, such as cough or shortness of breath  
**and**

- It has been at least 10 full days since symptoms first appeared or your child had their first positive test for those who never had symptoms (the date symptoms start/ positive test is Day 0).

*\*In some cases, for people with severe illness or immune system problems, 20 days need to pass since symptoms first appeared.*

## Wear personal protective equipment and practice good hygiene

- **Choose 1 healthy family member to care for your child.** We know that isn't always possible.
- **Have your child wear a facemask or cloth face covering that covers their nose and mouth when they are around people**, including you. If they can't wear a facemask, you should wear a mask while in the same room with them.
- Everyone in the house should **wash their hands often with soap and water** for at least 20 seconds, especially after contact with your child. Natural soap is OK to use. You can also use an alcohol-based hand sanitizer that has 60-95% alcohol to clean your hands if soap and water aren't available. Everyone should wash their hands with soap and water if they are visibly dirty.
- Everyone in the house should **avoid touching their eyes, nose or mouth** unless they have just cleaned their hands.

## How can I reduce germs in my home?

- If possible, **have your child use a separate bathroom from other members of your household.** The bathroom should be cleaned often and the toilet lid closed when flushing. This prevents the spread of germs.
- **Clean commonly touched objects** including door handles, toilets and faucets, and electronic devices (phones, computers). A list of disinfectants that are effective against COVID-19 can be found here: [epa.gov/coronavirus/about-list-n-disinfectants-coronavirus-covid-19-0](https://www.epa.gov/coronavirus/about-list-n-disinfectants-coronavirus-covid-19-0). Always make sure to follow the directions on the label on how to use the disinfectant and on what protective equipment to wear (like gloves or goggles).
- **When cleaning, wear a facemask or covering and disposable gloves if possible.**
- After cleaning:
  - Remove gloves and throw away.
  - Wash your hands right away with soap and water or use an alcohol-based sanitizer.
  - Remove facemask and throw it away.
  - Wash your hands again with soap and water or use an alcohol-based sanitizer.
- **Don't share household items with anyone with suspected or confirmed COVID-19.** All used household items, such as bedding and towels, should be cleaned well. Sick people should use their own tube of toothpaste and soap.

- **Open windows and doors**, as weather allows, to keep air moving through your home.

## Can I breastfeed my child?

- If your child is an infant and you are breastfeeding, you can still breastfeed your baby.
- Be sure to wash your hands and your chest area thoroughly with soap and warm water before and after you touch your baby.

## What are some resources for my family?

### Massachusetts-based resources

#### Massachusetts 211

Dial 2-1-1 on your phone. It connects you to information about critical health and human services available in the community.

If you are unable to reach 2-1-1, call 1-877-211-MASS (6277). Hearing-impaired callers can call 508-370-4890 TTY.

### Food resources

#### FoodSource Hotline

To find food resources in your community, call 1-800-645-8333 TTY 1-800-377-1292

[projectbread.org/get-help/foodsource-hotline.html](http://projectbread.org/get-help/foodsource-hotline.html)

#### The Greater Boston Food Bank

The Greater Boston Food Bank partners with 520+ hunger-relief agencies in Eastern Massachusetts.

Call: 617-427-5200

[gbfb.org/need-food](http://gbfb.org/need-food)

### Financial support

#### United Way MA COVID-19 Family Support Fund

[unitedwaymassbay.org/get-involved/covid-19-family-fund/](http://unitedwaymassbay.org/get-involved/covid-19-family-fund/)

For general questions, email [info@supportunitedway.org](mailto:info@supportunitedway.org)

### Transportation

#### Ridematch

A searchable directory of public, private and accessible transportation options in Massachusetts.

[massridematch.org](http://massridematch.org)

### Emotional support

#### Parental Stress Line

Need someone to talk to? This 24/7 service is free and confidential, 24/7. Call: 1-800-632-8188

#### NAMI Helpline:

If you're in a crisis, call 1-800-950-6264 or text "NAMI" to 741741.

## How to Cope with Anxiety Related to Coronavirus (COVID-19)

This website suggests ways how to cope with stress during the pandemic. It's appropriate for families and providers.

[verywellmind.com/managing-coronavirus-anxiety-4798909](https://www.verywellmind.com/managing-coronavirus-anxiety-4798909)

### Free online guided meditation:

[meditationmuseum.org/](https://www.meditationmuseum.org/)

## Sources:

### Scan QR codes with your phone camera

Centers for Disease Control and Prevention (CDC): If You Are Sick or Caring for Someone  
[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)



CDC: COVID-19 and Breastfeeding  
[cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html](https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html)

KidsHealth: Understanding Coronavirus  
[kidshealth.org/en/parents/coronavirus-landing-page.html](https://kidshealth.org/en/parents/coronavirus-landing-page.html)



ZeroToThree: Answering Your Young Child's Questions About Coronavirus  
[zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus](https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus)

## For more information

If you're a Boston Children's patient or family member and have general questions about COVID-19, please call our COVID-19 hotline at 855-281-5730 or 617-355-4200.

### Scan QR codes with your phone camera

Visit Boston Children's COVID-19 website: [childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus](https://childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus)



Visit the CDC website:  
[cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)