



BACK TO SCHOOL and COVID-19

Schools across our community have diligently planned to create the safest environment possible for children as they head back into the classroom for in-person learning during the pandemic. Planning ahead and knowing the guidelines and rules will help reduce fear and anxiety.

What do you do when your child's classmate tests positive for COVID-19?

With a positive diagnosis in a classroom, children who were in close proximity to the child who tested positive will be asked to quarantine for 14 days.

Health authorities require a 14-day quarantine because COVID-19 symptoms are not apparent immediately and can take up to 14 days to develop.

Quarantine = minimize contact with all except those in the household.

What do you do if your child begins to show symptoms of COVID-19?

If your child develops COVID-19 symptoms, have your child tested and seek medical care.

Texas MedClinic cares for children and offers a COVID-19 rapid antigen test using a nasal swab that's similar to a flu test. Results are accurate and provided in 15 minutes.

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IMPORTANT REMINDERS TO KEEP WELL



Talk to your child about precautions to take at school.



Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.



Avoid touching your eyes, nose, or mouth so germs don't enter your body.



Wash and sanitize hands often and thoroughly for 20 seconds.



Practice social distancing and keep physical distance from other students.



Wear a mask* in public to prevent the spread of the virus to other people.

*Cloth masks are accessible, reusable, and decrease the risk of spread for both the user and others. New studies show that layered cotton fabrics slow the spread more effectively than synthetic fabrics.

SELF-ISOLATION

If exhibiting symptoms or diagnosed with COVID-19, a person must SELF-ISOLATE.

You need to meet ALL three criteria listed to leave self-isolation:

1. AT LEAST TEN DAYS SINCE SYMPTOMS STARTED
2. 24 HOURS WITH NO FEVER (with no medications to reduce fever)
3. SYMPTOMS ARE IMPROVING



QUARANTINE

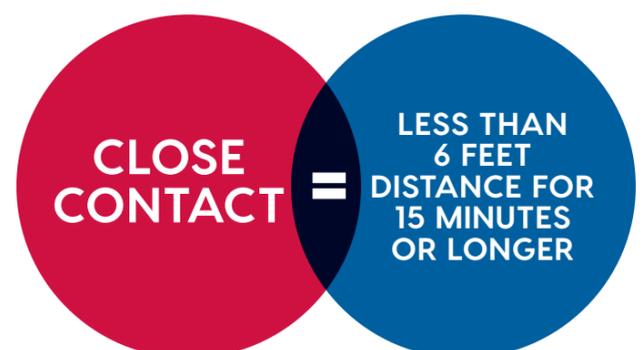
If asymptomatic and tested negative for COVID-19, but was exposed, a person must QUARANTINE for 14 days.

Quarantine begins after the last day of your suspected exposure.



COVID-19 EXPOSURE

Understanding the definition of COVID-19 exposure helps reduce anxiety and fear when deciding how to care for your health and those around you.



The CDC defines COVID-19 exposure as having had close contact to a person who has tested positive for COVID-19.



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