

COVID-19 Checklist for Parents.

1. **Know** the possible symptoms of COVID-19
From [CDC](#): Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19
- Fever or chills, Temp over 100 F
 - Cough
 - Shortness of breath
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Muscles aches
 - Fatigue
 - Congestion or runny nose
 - Nausea or vomiting
 - diarrhea

***children can exhibit very mild symptoms which are similar to the common cold or with gastrointestinal symptoms such as vomiting and diarrhea.

***up to 40% of people with COVID-19 may be asymptomatic (exhibit no symptoms).

2. **Stay up to date** with current national, state and local COVID-19 information and guidance by checking reputable sources such as:
National - <https://www.cdc.gov/>, State - <https://dphhs.mt.gov/> and Local - Dr. Laurel Desnick (<https://park-county-coronavirus-response-parkcounty.hub.arcgis.com>) and Dr. Scott Coleman (<https://www.livingstonhealthcare.org/Patients-Visitors/Coronavirus-COVID-19-.aspx>) both give regular, excellent COVID-19 updates.

3. **Monitor** your child's health **daily**. Take their temperature in the morning before leaving for school. Keep them home from school if they are sick. (Refer to [Can My Child Go to School Today?](#) flowchart if unsure.) Call your health care provider for further guidance.
- LHC Nurse Hotline – 222-3541
 - Park County Health Care Hotline – 222-4131
 - CHP – 222-1111

4. **Teach and model** good prevention habits for your children
- Wash hands frequently for 20 seconds. If soap and water are not available use hand sanitizer with at least 60% alcohol
 - Avoid touching your face
 - Cough/sneeze into your elbow or tissue
 - Avoid shaking hands
 - Wear a mask in public places
 - Follow physical distancing guidelines.
 - Stay away from others who are sick
 - Take care of yourself with good nutrition, exercise, and rest. Do something good for your mental health every day.

5. Stay up to date with your child's (and your) **immunizations**, especially the annual influenza vaccine.

6. **Check school communication** regularly for updates.

7. **Develop plans for childcare** when you need to be at work or elsewhere and your child(ren) cannot be in school (for reasons such as illness, school closures, etc.)

