

COVID-19 PARENT RESOURCE

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

Access the latest NCDHHS Toolkit guidance here: [download \(ncdhhs.gov\)](https://www.ncdhhs.gov)



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
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: Is CCS adopting the 5 days isolation for positive COVID-19 cases?

A: Yes. Per NCDHHS,

- **Positive without symptoms:** A student can return to school after 5 days from specimen collection date of their positive test as long as they did not develop symptoms. **The person MUST continue to mask for 5 days post return (days 6-10) to minimize risk of infecting others.**
- **Positive with symptoms:** A student can return to school when: it has been at least 5 days since the first day of symptoms, it has been at least 24 hours since he/she had a fever (without using fever reducing medicine), and other symptoms of COVID-19 are improving **The student MUST continue to mask for 5 days post return (days 6-10) to minimize risk of infecting others.**

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: If person is a contact to a case and is not fully vaccinated, they can return to school after completing 5 days of quarantine* if asymptomatic, **but MUST complete 5 days of strict mask use (day 6-10). The 5 days of quarantine begin on the day after the last known close contact with the COVID-19 positive individual.** They should test on day 5 if possible. *On-going household exposure could result in a longer quarantine period before returning to school with a mask.

Data from the CDC demonstrates that vaccine effectiveness against infection for two doses of an mRNA vaccine is approximately 35% . A COVID-19 vaccine booster dose restores vaccine effectiveness against infection to 75%. As a result, the CDC strongly encourages booster doses for everyone who is eligible. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19.

Q: Are there any exceptions to quarantine?

A: Yes, in some cases.

- You are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a [viral test](#))
- 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.

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

- Atrium Urgent Care—Shelby
704-468-8888
- Cleveland County Health Department
980-484-5100
- CVS in Boiling Springs and Kings Mountain <https://www.cvs.com/minuteclinic/covid-assessment>
- Kintegra Family Medicine Kings Mtn
704-710-1077
- Kintegra Family Medicine Boiling Springs
704-818-9200
- NextCare Urgent Care—Shelby
704-481-0555
- Prescriptions Plus—Kings Mountain
704-739-4519
- Shelby Children's Clinic
980-487-2100
- Shelby Children's Clinic Kings Mountain
980-487-2950
- Wal-Mart Pharmacy in Kings Mountain Schedule appointments online www.questcovidtest.com

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