



# ROAD TO RECOVERY

To provide professional instruction within a safe environment this fosters self-esteem.

## For Parents and Guardians: COVID-19 Health Checks Summer Practices

Your child will be checked for symptoms of COVID-19 every day when they arrive. This information will be recorded, kept on file, and will be available to the NJDOH upon request. Everyone who passes their health screen will be given a sticker for identification purposes.



### STEP 1: SYMPTOM CHECK

You will need to answer the following questions.

1. Have you taken fever reducing medication today?
2. Do you believe you have a fever, cough, shortness of breath, muscle aches, sore throat?
3. Are any household members experiencing fever, cough, shortness of breath muscle aches, sore throat?
4. In the past 14 days, have you had close contact with anyone diagnosed with COVID-19?

Answer yes if the symptom is NEW, DIFFERENT from how your child usually is, or UNEXPLAINED. Here are some examples.

- Your child has asthma. They often cough with exercise or allergies.
  - They have their usual cough → NO, this is not new or different.
  - Their cough is worse than usual or sounds different than usual → YES
- Your child complains that their muscles hurt all over
  - A day or two after exercising harder or doing much more physical activity than usual. They are looking well except for feeling sore. → NO
  - They haven't done any unusual physical activity, and they look ill. → YES
- Your child has a sore throat
  - After eating a large bag of Sour Patch Kids. Their tongue hurts too. → NO
  - Your child has a sore throat for no clear reason → YES

Trust your judgement. You know best how your child looks and acts when they are getting sick.



## STEP 2: FEVER CHECK

If your child does not have symptoms, we will take your child's temperature to check for fever.

A fever is a temperature over 100.4°F when you take your child's temperature at home. When programs take temperatures, a temperature over 100 °F is considered a fever. This is because we use a special "no-touch" thermometer that may read slightly lower, especially when used outside. Please note these thermometers are sensitive to skin being heated by sitting in warm car or in direct sunlight.



## IF YOUR CHILD HAS SYMPTOMS OR A FEVER

Stay home. Your child cannot attend the practice that day. Contact your child's regular doctor or clinic for advice. Your child should also stay home until they meet the conditions to return to practice.

## RETURNING TO PRACTICE AFTER A FEVER OR SYMPTOMS OF COVID-19



**If your child gets tested**, they can return after

- A negative COVID-19 test and
- 3 days with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), and
- 3 days since symptoms have improved. The symptoms do not have to be completely better.

You must show proof of your child's negative test, for example, the test result or a message from your clinic or test site that the test was negative. When your child gets tested, let the clinic or test site know that you will need this. This is usually the fastest way for your child to return to their practice.



**If your child is not tested**, they can return after

- 10 days have passed since symptoms first appeared and
- 3 days since symptoms improved. and
- 3 days with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).

### *Exceptions: Doctor's Note or Clinic Note*

Sometimes a child's symptoms are clearly due to another cause, such as strep throat or hand-foot-and-mouth disease. This is not common, but in this situation, your provider may choose to give you a note saying that your child can return to their program. This does not mean that your child does not have COVID-19. Many children with COVID-19 do not have any symptoms. It only means that a definitive cause has been found for the symptoms that kept your child out of their program. The note may be an email, electronic message or part of an after-visit summary.