



Date: August 31, 2020

Dear: Parent of Holland Public Middle School

Your child has been identified as a person who has been exposed to COVID-19. As a result, he/she is required to quarantine for 14 days from the last date of exposure. **This means no public activities; your child must remain at home.** Children who remain asymptomatic will be released from quarantine on September 11, 2020 and will receive a release of quarantine letter. As long as your child remains without symptoms, people who have been in contact with your child do not need to be in quarantine. You may decide to get your child a COVID-19 test, but a negative test will NOT shorten the length of the quarantine period. If you have questions regarding quarantine, please call the Ottawa County Department of Public Health at 616-396-5266.

You will receive daily text messages from the Ottawa County Department of Public Health asking you to report any symptoms your child may be having, using the survey link within the text message. You must respond to each day's text. If your child or anyone in your household becomes ill, we would strongly encourage you to seek testing for COVID-19.

You can call 2-1-1 or go to [www.michigan.gov/coronavirustest](http://www.michigan.gov/coronavirustest) for testing locations. For more information on testing or COVID-19 you may also go to [www.miottawa.org/Health/OCHD/coronavirus](http://www.miottawa.org/Health/OCHD/coronavirus).

If your child has or develops a fever, cough, shortness of breath or other signs of respiratory illness and you feel he/she requires medical assistance, call their health care provider or one of the COVID-19 local hotlines. **DO NOT go to a clinic or hospital without first calling them. If you call 911 during your child's quarantine period, inform them your child is in quarantine for COVID-19.**

Sincerely,

Paul A. Heidel MD, MPH

## **Guidance for Persons in Self-Quarantine and Monitoring for Coronavirus (COVID-19)**

This guidance is to help you closely monitor your health because you may have been exposed to someone with COVID-19. This does NOT mean that you will get sick with COVID-19.

### **What is quarantine?**

Quarantine is defined as separating and restricting the movement of people who have been exposed to a contagious disease to see if they become sick. This measure is used to protect your health and the health of others. While in quarantine stay home. In addition to maintaining social distancing, do not go to work, school, childcare, out in public or engage in any other activities that put you in close contact with others.

### **Why are you being asked to check your temperature and symptoms?**

It is very important for you to monitor your health daily so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to novel coronavirus and when symptoms begin.

### **What are the signs and symptoms of novel coronavirus?**

The most common symptoms of novel coronavirus are fever and cough, sometimes difficulty breathing, more rarely sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should follow up with your healthcare provider and the health department.

**Instructions for monitoring your temperature and symptoms:** This packet includes a form you may use to record your temperature and possible symptoms.

1. Take your temperature orally (by mouth) with a digital thermometer 2 times a day:
  - Once in the morning
  - And again in the evening.
2. Write down your temperature on the form twice a day, every day.
3. If you forget to take your temperature, take it as soon as you remember.
4. Mark if you have any of the symptoms of COVID-19 listed on the form.
5. If you are a household contact, intimate partner of a case, or other higher risk contact, you will receive a once daily mobile phone text survey from the health department to report your

temperature and symptoms. If you are unable to receive text messages, please call the Ottawa County Department of Public Health at 616-396-5266 to report your symptoms.

### **What should I do if I become ill while in quarantine?**

If you develop symptoms while in quarantine, contact your primary care provider for evaluation, or call one of the screening and testing hotlines listed above. If you are not tested for COVID-19, please remain home in isolation until at least 10 days have passed since the onset of your symptoms **AND** you have been fever free for 3 or more days without the use of fever-reducing medication as well as experiencing an improvement in your respiratory symptoms. If you are receiving texts, report these symptoms on your daily monitoring text. Texts may stop being sent to you if you become symptomatic.

If you develop **emergency warning signs** for COVID-19, get **medical attention immediately**. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**DO NOT GO** to a clinic or hospital without calling the facility first. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. Tell them that you have been exposed to someone with COVID-19 and need follow up medical care and testing.

If you call 911 for any emergency care, tell the operator that you have been exposed to COVID-19 so that first responders can take appropriate precautions while caring for you.

**For questions regarding your monitoring call 616-396-5266 or email  
covid19@miottawa.org**

## 14-day Symptom Monitoring Form

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: circle 'Y' for Yes and 'N' for No. Do not leave any spaces blank.

DATE	TIME	Temperature	Cough	Fatigue or aches	Shortness of Breath	Diarrhea	Chills
1	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
2	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
3	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
4	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
5	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
6	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
7	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
8	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
9	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
10	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
11	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N

12	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
13	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
14	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N

### Instructions for Reporting Your Symptoms by Text to the Ottawa County Department of Public Health

1. You will receive a text message between 5:30pm and 6:30pm each day while you are being monitored.
2. A text will be sent for each person that needs to report symptoms to the Ottawa County Department of Public Health (OCDPH).
  - a. If you are a parent/guardian reporting symptoms for others, you will receive a text for each person with a link to report.
  - b. Each text will list a specific name and link for that person’s reporting. Please use the link provided for each specific person.
3. The symptom reporting survey initial question will ask you to select if you are reporting symptoms or not.

English ▾

Is currently experiencing any of the following symptoms?

- Headache
- Fatigue/Lethargy/Weakness
- Difficulty breathing/Shortness of breath
- Diarrhea
- Chills
- Fever (>100.4F taken with a thermometer)
- Feel feverish (but not confirmed with a thermometer)
- Chest tightness
- Cough
- Vomiting
- Sore throat
- Nausea
- Congestion/Runny nose



Select “Yes” or “No” to report if you are experiencing symptoms

 

Click red arrow

4. If “No” is selected, survey is complete and you are finished reporting for the day.

5. If “Yes” is selected, you will be asked to select which symptoms you are experiencing.

Please select ALL symptoms that is currently experiencing or select "None of the above":

- Headache
- Fatigue/Lethargy/Weakness
- Difficulty breathing/Shortness of breath
- Diarrhea
- Chills
- Fever (>100.4F taken with a thermometer)
- Feel feverish (but not confirmed with a thermometer)
- Chest tightness
- Cough
- Vomiting
- Sore throat
- Nausea
- Congestion/Runny nose
- Other (please type below)

- Cough
- Vomiting
- Sore throat
- Nausea
- Congestion/Runny nose
- Other (please type below)

Once all symptoms have been selected, click red arrow to submit.



6. Daily reporting has been completed.