

# McDowell County Schools: Parent Guide for COVID-19

Navigating COVID-19 can be difficult. This document is provided to help answer some of the questions you may be asking. It also has links to COVID-19 resources.



## My child is positive, now what?



Notify the school immediately and do not send your child to school.



Your child will be out of school for 10 days. The nurse or someone from the school will let you know the date your child can return.



Your child is responsible for any missed school work. Someone from the school will contact you about how to access daily instruction and assignments.



## Someone in my home is positive, now what?



Notify the school immediately and do not send your child to school.



Your child will be out for a minimum of 10 days. Someone from the school will contact you and let you know of your child's plan for return along with return date.



Your child is responsible for any missed school work. Someone from the school will contact you about how to access daily instruction and assignments.



## My child was exposed and is quarantined, now what?



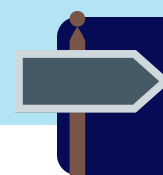
Your child cannot return to school until they have completed a quarantine period at home. Someone from the school will contact you about quarantine options.



Quarantine options are:  
14 days, Return on day 15  
10 days with no symptoms, return on day 11  
7 days with no symptoms AND a negative PCR test taken on day 5 or later, return on day 8



Your child is responsible for any missed school work. Someone from the school will contact you about how to access daily instruction and assignments.



## Tips for Parents



Mask wearing is critical. If your child does not wear their mask properly and consistently then if exposed, they will be quarantined.



Vaccinated individuals do not have to quarantine as long as no symptoms.



Helpful Links:  
[Vaccine Information](#)  
[Symptoms of COVID-19](#). (Spanish)  
[Managing Symptoms at Home](#). (Spanish)  
[Stop the Spread of Germs](#). (Spanish)



Updates

COVID guidance is always at the discretion of the Health Department and CDC and will be updated regularly.

Updated 8/27/2021.