



## Having to Quarantine

I have been told I need to quarantine by a trusted adult, family member or health care professional.



Quarantine means that I need to isolate myself from people. I won't be able to attend school or go out in public for several days.



I need to quarantine because I was around someone who was sick or tested positive for COVID-19.



There may be other people in my school and/or family who also need to quarantine.



My teacher or school nurse will tell me how long I will need to stay out of school.



Being in quarantine doesn't mean that I am sick. It means that I need to stay home. My family may monitor any symptoms I may have



While I'm in quarantine, I need to:

- Complete my school assignments online



- Email my teacher if I need assistance



After my schoolwork is finished, I can:

- Call or text my friends



- Read a book



- Watch movies



- Play video games



- Listen to music



- Color or draw



As soon as my quarantine is over, I can go back to school and see my friends again.



Keeping myself and others healthy and safe is important.



This makes my teachers, friends, and family happy.

