



COVID-19 and DCP: FAQs

What symptoms should I watch for?

- | | |
|--|------------------------------|
| • Fever | • Muscle pain |
| • Cough | • Headache |
| • Shortness of breath
or difficulty breathing | • Sore throat |
| • Chills | • New loss of taste or smell |
| • Repeated shaking
with chills | • Congestion OR runny nose |
| | • Diarrhea |

Many illnesses present similarly to COVID-19 and it's better to err on the side of caution. Symptoms may appear anywhere from 2-14 days after exposure and a person may have only one symptom or a cluster.

Where can I get a test for myself/my child?

Multiple locations are available through Durham County (dcopublichealth.org) or check with your healthcare provider. **Having a plan before you might need it** will ease your stress if you or your child is ill and will help ensure you can be tested as quickly as possible.

I'm not sure whether I need to quarantine/get tested

Have a question about exposure, symptoms, or other COVID-19 concerns?
Call the Health Department and speak to a nurse **(919) 635-8150**
If your child will be out for any length of time, please notify DCP by emailing
durhamcommunitypreschool@gmail.com

How do I help my child wear a mask?

- Explain the reasons why in **simple language** and let them ask questions
- Model **positive behavior!** They watch and learn by our attitudes and actions.
- **Practice at home** with them while doing an activity they enjoy; have them practice putting a mask on a favorite toy or stuffed animal.
- **Get them involved** by letting them pick out their favorite color or pattern
- Ensure that the mask fits properly and comfortably and consider accessories like a **lanyard** or **mask bracket** to make it easier to keep on.