

Well child care ONLY.

What if your child just has a runny nose?

- They need to stay home until symptoms are gone.
- If the runny nose continues and they get no other symptoms (Coughing/Sneezing/Fever) they can get a test after 3-5 days and if they do not have covid they can return to school if they just have a runny nose.
- A test before 3 days may not show if the runny nose is covid or not so it is a waste of a test.
- Three to five days also allows additional symptoms to develop.
- If the runny nose goes away and no additional symptoms develop they can return to school without a test.
- If your child has a continual runny nose I would like you to have them see your pediatrician for advice. Maybe allergy testing or you just need to wait out a cold.
- Children have 6 to 8 colds a year so I know this makes it hard on families.

The cycle time between the onset of relevant symptoms or notification as a close contact and should balance the need to assess persons with symptoms, with waiting long enough after exposure to be able to detect the virus. **For people with symptoms, testing between day 2-3 of symptoms is recommended.** For people who are contacts of someone with COVID-19 infection, and do not have any symptoms, testing 5-7 days after contact is recommended.

<https://www.doh.wa.gov/Emergencies/COVID19/TestingforCOVID19/StatewideTestingStrategy>

We are working hard to keep families healthy and balance how long a family is out due to a mild runny nose. Even before covid a yellow/green runny nose the children needed to stay home. Keep Me Home chart attached. The average [incubation period](#) for COVID-19 is 5-6 days (although it can be up to 14 days), and researchers estimate that people become infectious 2-3 days before they develop symptoms.