

We are sorry that you or your child has developed COVID-19. We are here to help you any time that you get worried.

Acute COVID-19:

- Nearly all COVID-19 cases in Vermont are caused by the Omicron strain. This strain is highly contagious and is causing a tsunami of infections. It is most contagious the 2 days prior to symptoms, and the 2 days after symptoms develop. Fortunately, infections tend to be mild and symptoms tend to last 4-5 days. Omicron tends to cause upper respiratory symptoms (it's less likely to cause lung symptoms than previous strains).
- Symptoms to for which you should seek more medical help:
 - Respiratory distress.
 - Full-body rash.
 - Severe dehydration.
 - Decreased responsiveness.
- Do not engage in rigorous exercise for 10 days (see cardiac clearance below).

Management:

- The management of COVID-19 is supportive care with fluids, rest, and fever management. You may use acetaminophen for fever or aches. Call if you need help with figuring out the correct acetaminophen dose for you or your child.
- Monoclonal antibody and antiviral treatments are scarce, and reserved for patients who are at extremely elevated risk of severe COVID. Generally, patients need to be 12 or older and over 40 kg in weight.

Vaccination:

- If you or your child has COVID-19, are not fully immunized, but are eligible, wait until your acute symptoms have resolved and you have completed your isolation period (5 days). Then please get the COVID vaccine! It will provide additional protection.
- Children 5-11 years can get two doses of Pfizer vaccine.
- Children 12 and older can get booster doses with Pfizer 5 months after their last COVID vaccine.

Isolation:

- Isolate for 5 days.
- If possible, test with rapid antigen testing 24 hours apart on days 4 and 5.
 - If both are negative, you are cleared to return to public wearing a mask.
 - If one is positive, then rapid test daily until you've had two negatives separated by 24 hours.
- After 5 days, you may return to school and the public while wearing a mask through 10 days.
 - Satisfactory masks include N95, KN95, and surgical masks.

Close contacts:

- If fully vaccinated, you may continue your life in public while wearing a high protection mask for 10 days.
 - Day 0 is the day of your last contact with the infected person.
 - If you develop symptoms at any time, PCR test and isolate until results are negative.
 - PCR testing is recommended on day 5 from exposure.
- If not fully vaccinated (not boosted, completed Pfizer or Moderna 2 shot series more than 6 months ago, or completed J&J 2 shot series more than 2 months ago)
 - Isolate at home for 5 days.
 - Get a PCR test on day 5.
 - If that's negative, you can go into public while wearing a high protection mask.

Cardiac clearance for return to physical activities:

- To prevent cardiac events in the exceedingly rare case of asymptomatic myocarditis from COVID-19, cardiac clearance is required for return to exercise.
 - This is clearance for activities spanning from gym class to endurance sports.
 - This is in line with the American Heart Association and the American Academy of Pediatrics guidelines.
- At 10 days after your positive COVID test, you will need a telemedicine cardiac clearance visit with one of our clinicians.
- If our clinician deems your infection moderate or severe, we will conduct an in-person evaluation.
- If you satisfy American Heart Association criteria for return to physical activities, our clinician will clear you for a gradual return to full activity, which may take 7 days.

We wish you a rapid recovery. Call if you need our assistance.