

## Child/Student with Symptoms of COVID-19

Complete the [COVID-19 school and child care screening](#) before going to school or child care each day.

If you are sick with symptoms, you must **stay home and follow directions provided on the provincial screening tool**. Call your health care provider if required.

When determining if you have symptoms, think about if they are new, worsening, or different from usual. Symptoms should not be chronic or related to other known causes or conditions.

**One or more of the Most Common Symptoms of COVID-19** requires self-isolation:

 <p><b>Fever</b> (37.8°C or higher) and/or chills</p>	 <p><b>Cough</b> (that is new or worsening)</p>	 <p><b>Shortness of breath</b></p>	 <p><b>Decrease or loss of taste or smell</b></p>
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**Two or more of the following Other Symptoms of COVID-19** requires self-isolation:

 <p><b>Sore throat or difficulty swallowing</b></p>	 <p><b>Runny or stuffy nose</b></p>	 <p><b>Headache (unusual or long lasting)</b></p>	 <p><b>Extreme tiredness or lack of energy</b></p>	 <p><b>Muscle aches or joint pain</b></p>	 <p><b>Nausea, vomiting, and/or diarrhea</b></p>
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### What to do if your student/child has symptoms

- If your student/child has ONE or more of the MOST COMMON SYMPTOMS or TWO or more of the OTHER SYMPTOMS, they likely have COVID-19. **They must stay home and self-isolate as indicated below.**
- If your student/child has ONE of the OTHER SYMPTOMS, they must stay home for at least 24 hours until symptoms are improving (48 hours for nausea/vomiting/diarrhea) and as long as they do not develop any new symptoms. Siblings and other household members do not have to go/stay home.
- Household members should follow the instructions in the [COVID-19 School and Child care screening tool](#) or below.

<sup>1</sup> [https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

11 years old or younger OR Fully vaccinated							12 years old or older and partially vaccinated or unvaccinated OR immune compromised						
They must isolate for 5 days from when symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.							They must isolate for 10 days from when the symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6 	7 	1	2	3	4	5	6 	7 
8 	9 	10 	11 	12 	13 	14 	8 	9 	10 	11 	12 	13 	14 
15 	16 	17	18	19	20	21	15 	16 	17 	18	19	20	21
<b>Legend</b>							<b>Legend</b>						
Symptoms start, self-isolate immediately			Self-isolate at home, except for emergency medical care			Return to childcare/ school if feeling well							
If your isolation period is 5 days, from days 6 to 10 after testing positive or developing symptoms, your student/child must: <ul style="list-style-type: none"> <li>wear a mask in public places, including school and child care, and avoid activities where mask removal would be necessary (e.g. high-contact sports, playing a musical instrument, or dining out)</li> <li>do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised)</li> </ul>													

### What household members need to do:



Household members with no symptoms are required to isolate for as long as the person with symptoms is isolating, **unless they are:**

- 17 or younger and fully vaccinated
- 18 and older and have their COVID-19 booster; or
- tested positive for COVID-19 in the last 90 days and completed their isolation period

If household members are not required to isolate, or if their isolation has ended after 5 days, they are still required to **self-monitor for 10 days\*** following last exposure to the person with symptoms.

### Close Contacts<sup>1</sup>

Tell your child's close contacts that they may have been exposed to COVID-19 and give them the link to [www.ontario.ca/exposed](http://www.ontario.ca/exposed). If you are a close contact, **self-monitor for 10 days\*** following last exposure to the person with symptoms.

<sup>1</sup>Close contacts include those who had contact with your child within the 48 hours before symptoms began and until they started self-isolating, AND were within 2 metres for a total of at least 15 minutes without masking, distancing and/or use of personal protective equipment.

## \*Self-Monitoring

Self-monitoring means:

- monitor for symptoms for at least 10 days after exposure
- wear a well-fitted mask in all public places and avoid activities where they need to take off their mask (e.g., dining out, playing a musical instrument, or playing high-contact sports).
- individuals who are exempt from masking (e.g., children under two years of age, etc.) may return to public places without masking, however, parents must monitor them for symptoms for 10 days following last exposure.
- do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised) for 10 days after your last exposure

## COVID-19 testing



Take home PCR self-collection kits or rapid antigen tests may be available for students/staff from their school. If a single PCR test is negative or two consecutive rapid antigen tests collected 24 to 48 hours apart are both negative, it is less likely that the person with symptoms has COVID-19. Household members can stop isolating after these negative tests. The person with symptoms can stop isolating when their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms).

## Travel outside of Canada

If your child/student has returned from travel outside of Canada, regardless of vaccination status, **for 14 days** they must:

- continue to wear a mask at all times when in public spaces (including schools and child care)
- maintain a list of all close contacts; and
- monitor for signs and symptoms of COVID-19.