

# What if my child is sick?



\*Effective November 2<sup>nd</sup>: If anyone in your household is symptomatic, the entire household must self-isolate. All members of the household must self-isolate until a negative COVID-19 test result is received for the symptomatic family member.

## Symptoms

### COLUMN A

Do you have a new onset, or worsening, of any ONE of the following symptoms?

- Fever > 38°C or think you have a fever or chills
- Cough
- Sore throat/hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

### COLUMN B

Do you have a new onset, or worsening, of any TWO of the following symptoms?

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite
- Poor feeding (if an infant)

- If your child has ONE symptom from COLUMN A, they should get tested for COVID-19.
- If your child has TWO symptoms from COLUMN B, they should get tested for COVID-19.
- If your child has only ONE symptom from COLUMN B, they should stay home. They may only return to school once they are symptom-free for 24 hours.

## When can my child return to school?

If your child gets tested for COVID-19 and is:

- POSITIVE → Public Health will provide guidance regarding what is required before your child can return to school.
- NEGATIVE → They can return to school after 24 hours of being symptom-free.



If the COVID-19 Screening Tool recommends your child should get tested for COVID-19 and you decide not to:

Your child must self-isolate for 10 days from the beginning of symptoms, and until they no longer have symptoms for 24 hours.