



## Durham Region Health Department **Facts about...**



# **COVID-19 What to do if my child is sick and was not exposed to a known case?**

All children, students, visitors, or staff must screen for COVID-19 every day before going to school or childcare. Use the school and childcare screening tool which can be found at <https://covid-19.ontario.ca/school-screening/>

The screening tool will let you know if your child should be attending school or childcare or not. It will also let you know if your child should isolate and get tested.

## **What are the symptoms of COVID-19?**

### **Fever and/or chills**

- Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

### **Cough**

- New or worsening (e.g. continuous, more than usual if chronic cough), including croup (barking cough, making a whistling noise when breathing)

### **Shortness of breath**

- Out of breath, unable to breathe deeply, wheeze that is worse than usual if chronically short of breath (not related to other known causes or conditions such as asthma, chronic heart failure, etc.)

### **New decreased or loss of taste or smell**

- Not related to other known causes or conditions (e.g. seasonal allergies, neurological disorders, etc.)

### **Nausea, vomiting, diarrhea**

- Not related to other known causes or conditions (e.g. transient vomiting due to anxiety in children, irritable bowel syndrome, etc.)

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.



## What do I do if my child has symptoms?

If your child is sick, they should stay home. If they are having symptoms of COVID-19, they should be tested and isolate while awaiting test results or until they receive an alternative diagnosis from a health care provider.

Household members of the sick child are required to self isolate until the child receives a negative COVID-19 test result or are provided with an alternative diagnosis by a healthcare professional. However, if the household members are asymptomatic and fully vaccinated or previously positive within the past 90 days, they are not required to self isolate.

## How can I get my child tested?

You can book an appointment for COVID-19 testing in Durham Region by completing the online assessment form at [covidswab.lh.ca](https://covidswab.lh.ca) or <https://covid-19.ontario.ca/assessment-centre-locations>.

If any members of your household test positive for COVID-19, you will be contacted by Public Health directly with more detailed advice.

## When can my child return to school or childcare?

If your child has not been exposed to COVID-19 and you get a negative result, or a known alternative diagnosis from a healthcare provider, they can return to school or childcare once fever free and symptoms are resolving for 24 hours or 48 hours for gastrointestinal symptoms (e.g. nausea, vomiting or diarrhea).

If your child was not tested for COVID-19 and there is no known alternative diagnosis from a healthcare provider, your child must isolate for 10 days from symptom onset. Household members would also need to isolate for 10 days from their last contact with the symptomatic child unless they are fully vaccinated or previously positive within the past 90 days.

September 17, 2021

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